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Looking for clues

Investigators had few details to offer after a daytime shooting near an auto-repair shop PAGE 3

FIVE-YEAR

THE PROVINCE'S NEW MENTAL HEALTH
ADDICTIONS STRATEGY FOCUSED ON PREVENTION
BUT QUESTIONS REMAIN ABOUT THE PLAN

HALIFAX

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HALIFAX GETS COUNTRY

Country music artist Johnny Reid shakes hands with fans as he performs for a big crowd at the Halifax Metro Centre on Wednesday night. Carolyn Dawn Johnson was the opening act. RYAN TAPLIN/METRO

UP TO 61 MPG **

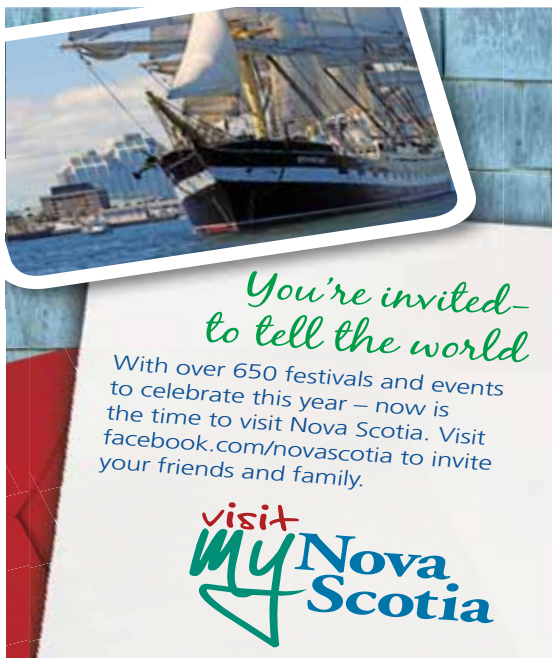


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AR PLAN
NTAL-HEALTH AND
CUSES ON FIVE KEY AREAS,
ABOUT RESOURCES PAGE 4



Police arrest pair in Kirwan murder case

Investigation ongoing.

Cops mum on details pending morning press conference

 **JENNIFER TAPLIN**
jennifer.taplin@metronews.ca

Two adults have been arrested in relation to the murder of Amber Kirwan.

Sgt. Brigdit Leger, provincial RCMP spokeswoman, confirmed the news late Wednesday afternoon but wouldn't reveal any other information about the two people arrested including gender and age.

A press conference is scheduled for Thursday at 9 a.m. in New Glasgow to give more details.

"The investigation is still ongoing at this time and matters are still unfolding, so we're not disclosing any additional information," Leger said.



Kirwan, 19, was last seen on Oct. 9, when she left a New Glasgow pool hall to meet her boyfriend at a convenience store. She never showed up and a national search was launched.

Her body was discovered in a wooded area of Heathbell on Nov. 5., about a half-hour drive from the pool hall.

Amber's father, Donald Kirwan, said he learned about the arrests while watching the news.

"It's a little bit of a relief," he said. He added they don't have any other comments until something happens.

Karri Tribble, manager of

Quoted

"To have someone charged means nothing until they're brought to justice."

Donald Kirwan, Amber's father

Proudfoot's Home Hardware in New Glasgow where Kirwan worked, said the news is a relief to employees at the store who have been waiting for some kind of resolution in the case.

"This has been on our minds daily and has definitely been difficult. A lot of my staff on tonight are young and knew Amber," she said. "I will be keeping a close eye on them and making sure they are all right."

Sherry Blinkhorn started a reward for tips leading to whereabouts of Kirwan when she was still missing and later for information on her death. She said the arrests have been a "long time coming."

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Police alert

Cyclists beware of thefts: Cops

Police are warning cyclists in Halifax to take extra caution when it comes to their rides.

On Wednesday, Halifax Regional Police issued a release saying there have been 13 bike thefts on the peninsula over the last three weeks. In some cases, the bikes were even locked when stolen.

Const. Brian Palmeter, a HRP spokesman, said the stolen bikes were taken from all over the peninsula — from South to Almon streets, and from Creighton to Oxford streets.

"The times and locations are quite spread out so at this point we can't say there's a connection," he said.

Police are reminding bicycle owners about safety precautions such as securing their bikes and taking a picture of them and writing down the serial number.

Having the photo and serial number helps in locating not just the stolen bike but also its owner.

"We recover a lot of bikes over the course of a year, but either they haven't been reported to us or the information is so limited, there's no way to determine who the owner is," Palmeter said. "So certainly we encourage people to take down the make, the model, the serial number, and to take a picture."

Police are also asking residents to contact them if they see anyone trespassing or acting suspicious.

Halifax police estimate one to two bicycles are stolen a day during the summer months.

PHILIP CROUCHER/METRO



A Halifax Regional Police officer looks at a bullet hole in the wall of the Master Auto Repair shop around 1:30 p.m. Wednesday afternoon. RYAN TAPLIN/METRO

Investigator brazen day

In broad daylight.

Several gunshots fired, hitting north-end auto-repair shop

HALEY
RYAN

halifax@metronews.ca

Mechanics inside Master Auto Repair were busy working when gunfire struck their Halifax business on Wednesday afternoon.

About an hour later, some of those same workers were outside handing screwdrivers to investigators who were digging

The unknown

"I have nothing to report a place or led up to the shop"

Halifax Regional Police spokesman Const. Brian

for bullets that hit the repair shop around 1:30 p.m.

"It's not fun when someone shoots at your building," Fred, who identified himself as the owner of Master Auto Repair, said. He wouldn't give his last name. "But it had nothing to do with us, so we have to keep working."

The front of the north-end auto-repair shop was hit mul-

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Auto Repair garage at the intersection of Maynard and Harris streets on

rs quiet on shooting

as to what exactly took
ooting.”

ian Palmeter

multiple times, but police say they don't believe the business was an intentional target.

Police inspected the holes in the building, and after climbing up a ladder, one officer removed what appeared to be a bullet from a spot near the roof.

The Master Auto Repair sign was also taken down by police. No one was injured, and

the only visible damage to the building were the bullet holes themselves.

Halifax Regional Police spokesman Const. Brian Palmeter had few details to offer about the shooting, other than that several people were seen running from the area after the shots were fired. But he did say police take brazen daytime shootings very seriously.

“We've seen more of these daylight-type shootings in residential areas and we've tried to make it clear that if you're doing this you'll be high on our list,” he said.

As of late Wednesday, no arrests had been made.

1

NEWS

On the web

Bieber makes Forbes' top three

Justin Bieber's fame and money are making headlines once again (magazine covers, in fact). Bieber's celebrity status and social-media power landed him a top-three spot on Forbes' 'most powerful celebrity' list. Read more at metronews.ca

Mobile news



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Province wants to expand methadone treatment

The provincial government wants to expand methadone treatment to more areas in the province.

Nova Scotia currently has opioid replacement programs in Halifax, Cape Breton, and in the Annapolis Valley.

But Health Minister Maureen MacDonald said the department is looking to increase the number of clinic spots to areas with the greatest need as part of her department's new mental-health and addictions strategy.

That's welcome news for Cindy MacIsaac, the executive director of Direction 180 on Gottingen Street.

MacIsaac's clinic has funding to treat approximately 125 people. Direction 180 currently treats 215. The clinic's waiting list is over 300 names long.

"What best practice recommends is it's \$6,000 per year to treat a person on methadone," MacIsaac said Wednesday. "If you do the math, we're doing it for \$1,860.... We're not just handing out methadone, it's comprehensive. We do everything from mental-health medication to HIV treatment."

Direction 180 is one of two facilities in HRM that provides the service. Another facility in Dartmouth treats about 70 people.

The Department of Health does not yet know where services will be expanded. MacDonald said that the department is currently studying the issue.

"We've already invested in the Annapolis Valley area where there was a problem, so we will be looking at other parts of the province including the Capital District Health Authority," MacDonald said.

ALEX BOUTILIER/METRO

Province to expand mental-health services

Addictions. Plan includes provincewide early screening, expanded methadone treatment



ALEX BOUTILIER

alex.boutilier@metronews.ca

The province has released its long-awaited mental-health and addictions strategy, promising increased access to mental-health services provincewide.

But questions remain whether the health-care system has the necessary resources to deal with that expanded coverage.

At a press conference in Halifax on Wednesday, Health Minister Maureen MacDonald unveiled the strategy, which has been in the works since the fall of 2010.

"Nova Scotian families ... deserve to be healthier and live in communities that support and respect people living with these issues," said MacDonald.

"Nova Scotia has lacked a government-wide strategy to guide mental-health and addictions care. So I'm pleased to say that that changes today."

The plan focuses on five areas: early intervention, shorter wait times, taking into account aboriginal and "diverse communities," working across government departments, and reducing the stigma still surrounding mental illness. It includes 33 recommendations falling under these themes.

To that end, the NDP have committed \$5.2 million in the first year of the five-year plan. MacDonald said the department has a good idea what the remaining years will cost — but she won't be sharing that with the public in advance of the provincial budgets for those years.

"We know that there will be additional resources required to implement the strategy in the coming years," MacDonald told reporters.

"We will have the real details as we go through (the budget process)."

More on Denny's review



Andre Denny RYAN TAPLIN/METRO

New information on a review into Andre Denny's unsupervised release from the East Coast Forensic Hospital will be released on Thursday.

In response to opposition questioning at Province House on Wednesday, Health Minister Maureen MacDonald committed to releasing an update on the review — originally expected to be released in mid-May — on Thursday.

A government spokes-



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Health Minister Maureen MacDonald addresses a news conference in Halifax on Wednesday.

ANDREW VAUGHAN/THE CANADIAN PRESS

That raised concern from MacDonald's opposition colleagues.

"We're going to get early interventions and more assessments and diagnosis, but

we don't have the resources. That's the whole issue," said Liberal MLA Leo Glavine.

"I'm still questioning what (years) two, three, four, five are going to look like as

far as funding," said Chris d'Entremont, PC MLA and former health minister.

"There's no real number set aside for the future years."

release coming on Thursday

Updates

Maureen MacDonald couldn't provide any updates on Amy Elizabeth Ogilvie's situation on Wednesday.

woman clarified the update will include information on four areas that the deputy ministers of health and jus-

tice have been focusing on.

The review was launched in the aftermath of the killing of Halifax gay-rights activist Raymond Taavel. Denny, a patient at the hospital, was on a one-hour unsupervised leave when he failed to return on April 17.

He has been charged with Taavel's murder.

The hospital remained in the headlines after another patient on unsupervised

leave failed to return to the hospital a few weeks later. Amy Elizabeth Ogilvie, 21, has been missing since May 4. Halifax Regional Police believe she has fled to Montreal. It is the second time Ogilvie has gone AWL from the facility. **ALEX BOUTILIER/METRO**



For more local news
visit metronews.ca/halifax



Attack on a trail near Edwardsville. Boy, 14, bitten by angry coyote

A 14-year-old boy has been attacked and bitten by an aggressive coyote.

It happened on a trail near Edwardsville in Cape Breton on Tuesday evening.

The coyote bit the boy on a leg and buttock.

The boy needed medical attention, but his injuries are not considered serious.

Natural Resources officials are investigating the incident and have called in a trained trapper to remove the animal.

"An aggressive encounter with a coyote is unusual and our department is taking the incident seriously," Charlie Parker, the province's minis-

BAM! You're a winner

Natural Resources officials say three letters can save people faced by an aggressive coyote. Officials say: Remember the letters BAM — meaning Back away, Act big and Make noise.

ter of natural resources, said in a release.

Parker added: "We're investigating the incident and our main priority is to do whatever is possible to ensure that Nova Scotians are safe."

CAPE BRETON POST

Outstanding warrants

New arrest turns up the HEAT

Halifax police have made a second HEAT list arrest.

The list came out May 8 with the names of eight men and one woman wanted for outstanding warrants.

Police made the second arrest Wednesday morning.

RCMP in the Indian Brook Detachment arrested Ernest Arthur Hardy. Officers from the High Risk Enforcement Action Team (HEAT) picked up Hardy and he was scheduled to appear in court Wednesday.

The first man arrested on the list was picked up May 10. JENNIFER TAPLIN

Pope th at child

Church 'shattered.'

Holy See in Rome strips him of his clerical duties — he can no longer preside at religious services

The Pope has defrocked a Roman Catholic bishop who was convicted of importing child pornography into Canada.

The Holy See in Rome has stripped Raymond Lahey, 71, of his clerical duties in what is one of the most serious penalties the Roman Catholic Church can impose, the Diocese of Antigonish said Wednesday.

The decision means Lahey, a former bishop of Antigonish, can no longer work as a cleric or preside at any religious services or sacraments.

Archbishop Richard Smith, the president of the Canadian Conference of Catholic Bishops, said Lahey's actions have left the Catholic community deeply wounded.

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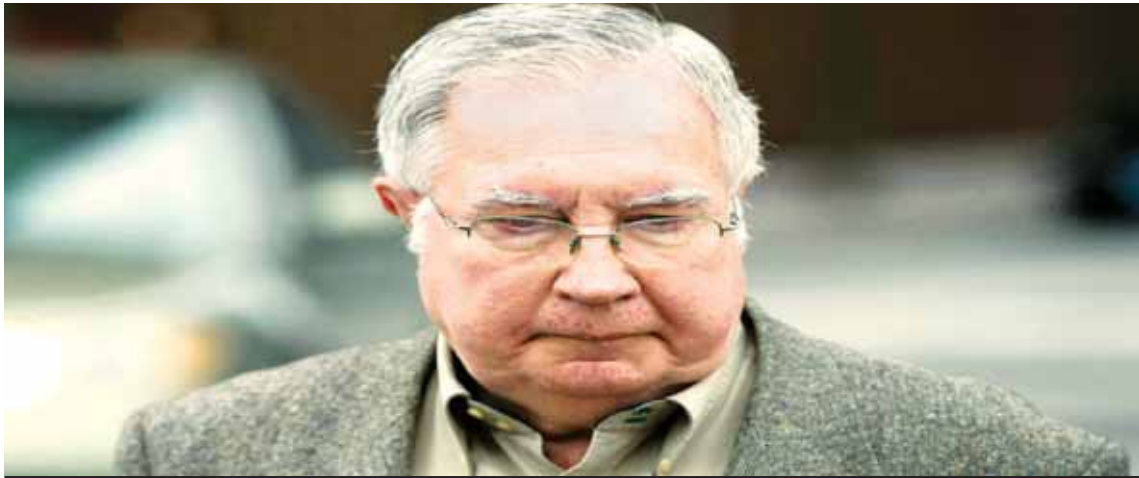
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throws the book d-porn convict Lahey



Child porn case: Raymond Lahey arrives at the Ottawa court last May. SEAN KILPATRICK/THE CANADIAN PRESS

“This has left Catholics just shaken to the core,” Smith said. “It has affected the Church ... and left us all shattered and broken-hearted.”
In January, Lahey was sentenced to 15 months in jail and two years probation after he was caught at the

Ottawa airport in September 2009 with hundreds of pornographic images of young boys on his laptop and a handheld device.
But because of the time he served in custody before his sentencing, he was released on probation after his trial.
THE CANADIAN PRESS

Dark chapter
“This decision reminds all of us of the serious harms that come from all ... pornography.”
Antigonish Bishop
Brian Joseph Dunn

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Murder trial. Leopold guilty of manslaughter

A jury has returned a verdict of manslaughter for a Liverpool man accused of killing his fiancée.

James Leroy Leopold pleaded not guilty to second-degree murder in the death of Laura Lee Robertson.

Crown attorneys argued before the provincial Supreme Court in Bridgewater that Leopold intended to kill Robertson, based on testimony from a forensics expert who concluded she was killed by some form of asphyxiation.

But the defence said Leopold had no choice but to act quickly after Robertson bit his

Sentencing

- James Leroy Leopold will be sentenced on June 27.

penis during a drunken sexual act on April 13, 2011.

Crown attorney Leigh-Ann Bryson said she was prepared for a finding of guilty on the lesser charge based on the evidence presented during the trial.

Defence lawyer Chris Manning said the jury reached the right verdict.

THE CANADIAN PRESS

Elections Nova Scotia

New chief electoral officer sworn in

The office responsible for supervising elections in Nova Scotia has a new chief electoral officer.

Richard Temporale is the first person appointed to the position at Elections Nova Scotia under the province's new Elections Act.

The Speaker's Office says seven candidates were interviewed by the selection panel, which included representatives from each political party and the head of the Nova Scotia Elections Commission.

Temporale has been assistant chief electoral officer for the province since September 2008.

He had previously worked with Elections Ontario and with municipal elections for the City of Toronto.

THE CANADIAN PRESS

Dartmouth. Olive leaving business association

Tim Olive is stepping down as executive director of the Downtown Dartmouth Business Commission.

Olive is retiring on June 1, after eight years in the position, a release says.

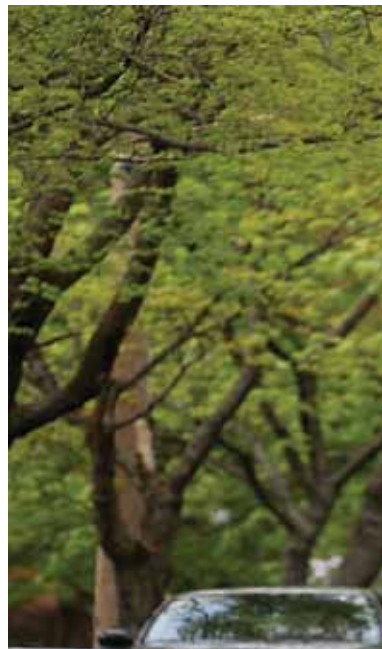
Replacing Olive is Tim Rissesco, who has worked for 13 years as senior officer for the Competition Bureau of Atlantic Canada. Rissesco is also chair of both the Natal Day Festival and the Dartmouth Christmas Tree Lighting.

"I plan to build on the energy within the downtown



Tim Olive
METRO

Dartmouth business community, the momentum created with the new brand and the excitement around developments like King's Wharf to sell downtown Dartmouth as a place to live, work, shop and play," Rissesco said in the release. METRO



A green canopy on Point Pleasant Drive, such as Fairview and Eastern Passage.

Seeking the city

Master plan. With 90,000 spots identified for planting trees, HRM wants help figuring out where best to put them

HALEY RYAN

halifax@metronews.ca

Halifax is turning over a new leaf, and it needs your help.

The first Urban Forest Master Plan has been developed with HRM staff and a team of graduate researchers from Dalhousie University, in the hope of boosting



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... offers the promise of shade on Wednesday afternoon. HRM's Urban Forest Master Plan calls for more trees in areas
RYAN TAPLIN/METRO

ng public input on ty's urban forest

the city's tree canopy.

The committee would like to hear how residents want to allocate the funds.

"We need to spend more effort nurturing, and spending our resources wisely and cleverly, not just throwing trees in the ground," said Dr. Peter Duinker, director of the resource and environmental studies program at Dalhousie and leader of the plan's research team.

Since much of the urban forest is on private property such as commercial sites or backyards, HRM planner John Charles says public input is vital.

"There are 90,000 spots available for planting, and

Have your say

- The first public workshop took place on Wednesday night at Cole Harbour Place, with a second one at 6:30 tonight at Dalhousie's Kenneth C. Rowe Management Building on University Avenue.
- The third and final workshop is slated for May 23 at Charles P. Allen High School, also at 6:30 p.m.

you can see how each tax dollar relates directly to the trees," Charles said.

Besides pinpointing where to begin first, the forums will deal with how to get citizens to plant more trees in their yards, and whether there's enough interest in a bylaw to protect the urban forest.

"We also need an NGO champion who can work with the city to develop neighbourhood-stewardship groups," Duinker says about creating a way for the average person to help plant trees in the community.

"Nature, in general, is so important to our psychological well-being. It's not sufficient to just have lawns, because trees are a third dimension."

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Gas prices down since '06: Report

Regulation.

Economics prof says since minimum and maximum gas margins were set, consumers have saved at least \$8 million



JENNIFER TAPLIN
jennifer.taplin@metronews.ca

A third-party report submitted to Service Nova Scotia says regulations mean lower gas prices.

Roderick Hill, a professor of economics at the University of New Brunswick in Saint John, examined the issue from a con-

sumer perspective. His report indicates since maximum and minimum wholesale and retail gas margins were routinely set starting in 2006, costs for consumers have come down.

"This happened because inflation eroded the real value of the nominal wholesale and retail margins (and transportation costs) set by regulation. This resulted in net savings to consumers of between \$8 million and \$20 million over the first five and one-half years of regulation," Hill wrote in the executive summary of his report.

He also said excise tax rates in Nova Scotia for gas and diesel are now about the Canadian average and have been declining.

They are at their lowest levels in more than 20 years,

Quoted:



"We've said all along that gas regulation has created stability for consumers and small gas retailers, and this report confirms it."

Service Nova Scotia Minister John MacDonell

Hill wrote in his report.

"Currently, road users are paying about 80 per cent of the cost of the province's roads (but closer to 50 per cent if municipal spending is included)."

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United Way

New campaign co-chairs picked

The new campaign co-chairs for the United Way Halifax Region were announced on Wednesday.

Kim Mason, RBC regional president, and John Rogers, chief executive officer at the Stewart McKelvey law firm, will be leading volunteers toward a campaign goal to be announced in September.

Last year the United Way of Halifax Region raised \$6.1 million in support of non-profit agencies in HRM like daycare centres and women's shelters. **METRO**

Seaport Beer Fest

Biggest brew festival back in time to beat summer heat

Atlantic Canada's largest beer festival is returning to the Halifax waterfront this summer, with tickets going on sale on Friday morning.

The Halifax Seaport BeerFest will run Aug. 10 and 11 with 200 beers and ciders available to be tried.

Tickets are available through Ticket Atlantic beginning at 11 a.m. and cost between \$40 and \$45 in advance.

METRO

Man overboard

Fisherman wasn't wearing safety equipment, says safety board

The Transportation Safety Board says a fisherman who was lost at sea off Nova Scotia after falling overboard from a small fishing vessel a year ago was not wearing safety equipment.

Pierre Murray, the board's regional manager, says after the deckhand went overboard, the captain of the Silver Angel was alone and unable to rescue the man from the water.

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Arson. Large family targeted in fatal attack

A father of 17 who lost six children in an arson attack on his central England home described Wednesday how he made a desperate attempt to rescue the siblings after the blaze broke out.

Mick Philpott broke down in tears as he recalled before reporters his thwarted efforts to reach the children, who were sleeping in their beds in upstairs rooms when the fire began to rage in the early hours of Friday morning.

Five of the siblings were killed immediately while a sixth died in hospital Sunday as a result of his injuries.

Police confirmed that the fire broke out after fuel was poured through the mail box on the front door of the house, and said they plan to question Philpott and the children's mother to determine why the home may have been targeted.

"What I can tell you is that the fire was started deliberately," said Derbyshire police's Assistant Chief Const. Steve Cotterill.

He said that it would be "important that we talk to Mr. and Mrs. Philpott about what happened," but insisted they were being helped by police



Maired Philpott, mother of six children who died in a house fire.

RUI VIEIRA/THE ASSOCIATED PRESS

officers as they grieve.

Philpott had previously featured on British television in programs about his extraordinarily large family.

Speaking at a news conference, Philpott offered thanks to members of the community who had supported his family since the blaze — including an unnamed boy who tried to help him reach his children.

Jade, 10; John, 9; Jack, 7; Jessie, 6; and Jayden, 5, died at the scene from smoke inhalation. Their brother Duwayne, 13, died in the hospital on Sunday. **THE ASSOCIATED PRESS**

Serb co-genocide

The Hague. Ratko Mladic is also accused of crimes against humanity, war crimes

Ratko Mladic was a shadow of the swaggering general who "held Sarajevo in the palm of his hand" during Bosnia's 1992-95 war as his long-awaited genocide trial opened Wednesday.

Mladic is accused of commanding Bosnian Serb troops who opened the war with a campaign of murder and persecution to drive Muslims and Croats out of territory they considered part of Serbia. His troops rained shells and snipers' bullets down on civilians in the 44-month-long siege of the Bosnian capital, Sarajevo, and butchered 8,000 Muslim men and boys in Srebrenica in July 1995, Europe's worst massacre since World War II.

Twenty years after the war that left 100,000 dead, Bosnia remains divided into two ministates — one for Serbs, the other shared by Bosnian Mus-



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Commander's trial opens



In this 1994 photo, Bosnian Serb army commander-in-chief Ratko Mladic, left, observes Bosnian government forces positions. EMIL VAS/THE ASSOCIATED PRESS

lims and Croats.

Mladic fled into hiding and spent 15 years as a fugitive before international pressure led to his arrest last year. He is held in a one-man cell in a special international wing of a Dutch jail and receives food and medical care that would likely be the envy of many in Bosnia.

People who gathered in the Serb stronghold of Pale to watch the trial on television

applauded as they saw the ex-general enter the courtroom.

"Mladic is our hero, it's sad that we see him there," said Milan Ivanovic, a 20-year-old law student.

The fact that he is on trial is a victory for international justice and hailed by observers as evidence that war crimes tribunals often get their indicted suspects, even if they have to wait years. **THE ASSOCIATED PRESS**

Sierra Leone

Taylor speaks at sentence hearing

Convicted war criminal and former Liberian President Charles Taylor said during his sentencing hearing Wednesday that he sympathizes with victims of the civil war in Sierra Leone he helped foment, and asked judges to render their sentence against him in a spirit of "reconciliation, not retribution."

He did not admit any wrongdoing, express remorse, or apologize for his actions. **THE ASSOCIATED PRESS**

Geneva

Syria ignores UN

The Syrian government snubbed a UN committee when it failed to appear Wednesday or report on any efforts to prevent the use of torture, the Committee Against Torture said.

Committee chair Claudio Grossman said the regime has carried out widespread killings, torture in hospitals and detention centres, torture of children, and sexual torture of male detainees.

THE ASSOCIATED PRESS

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Slain bride's sister says groom called about fight

Wedding tragedy.

Manhunt continues for groom of bride found stabbed in bathtub

The sister of a bride found stabbed to death on her wedding night in the U.S. says the now-missing husband called a relative and said he left her bleeding after a "bad fight."

Jazmin Carrera told The Associated Press that a sister of Arnoldo Jimenez told the victim's family about the phone call Sunday. Jimenez was crying and nervous, hung up on his sister and wouldn't pick up when she called him back.

Police are searching for Jimenez, who is wanted on a murder charge.

Estrella Carrera was found stabbed in her bathtub, wearing a sequined cocktail dress she'd worn on her wedding night.

Jazmin Carrera says Jimenez had hit and bruised her sister in the past.

THE ASSOCIATED PRESS



Arnoldo Jimenez
THE ASSOCIATED PRESS

Wedding

- **Secrecy.** The bride told almost no one of her plans to marry.
- **Vows.** The couple wed Friday afternoon at Chicago's city hall.
- **Celebration.** They later headed to a nightclub in a party limousine. They were last seen at 4 a.m.



Walking a fine line

Nik Wallenda finishes up a walk on a tightrope in the rain on Wednesday in Niagara Falls, N.Y. The daredevil was training for his upcoming attempt over the falls on June 15 that will be broadcast on live television.

DAVID DUPREY/THE ASSOCIATED PRESS

Migrants

Workers face sexual harassment: Report

Female farmworkers across the United States are commonly sexually harassed and assaulted, in part because their immigration status makes them fearful of calling police, according to a report released Wednesday by Human Rights Watch.

"Our research confirms what farmworker advocates across the country believe: sexual violence and sexual

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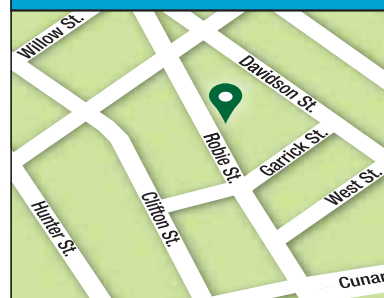
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harassment experienced by farmworkers is common enough that some farmworker women see these abuses as an unavoidable condition of agricultural work," said the report.

The report describes incidents of rape, stalking, fondling and vulgar language used against women, who say they often don't report it because they are afraid of being fired or deported.

An estimated 630,000 migrant and seasonal farm work are female.

THE ASSOCIATED PRESS

New York City

Lawsuit targets cop discrimination

A judge granted class action status Wednesday to a lawsuit that accuses police of discriminating against blacks and Hispanics with stops and searches without cause.

U.S. District Judge Shira Scheindlin ruled that there was "overwhelming evidence" that the practice has led to thousands of illegal stops. THE ASSOCIATED PRESS

Facebook

Hacker sentenced

Police say a 21-year-old British man has been sentenced to a year in jail for hacking into an American's Facebook account.

Scotland Yard said Wednesday the breach was reported to the FBI, which traced the source of the hack to the U.K. It said Gareth Crosskey pleaded guilty to two offences under Britain's Computer Misuse Act. THE ASSOCIATED PRESS

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Eating healthy

Junk food is not cheaper: USDA

Is it really more expensive to eat healthy? A U.S. Agriculture Department study released Wednesday found that most fruits, vegetables and other healthy foods cost less than foods high in fat, sugar and salt. That counters a common perception among many consumers that it's cheaper to eat junk food than a nutritionally balanced meal. The government says it all depends on how you measure the price. If you compare the price per calorie — as some previous researchers have done — then higher-calorie processed snacks seem like a bargain compared with fruits and vegetables. For example, eating a chocolate-glazed donut with 240 calories might not satiate you but a banana with 105 calories might. **THE ASSOCIATED PRESS**

Rights investigation

Brazil swears in truth commission

Brazilian President Dilma Rousseff on Wednesday swore in seven members of a truth commission to investigate human rights abuses committed during the nation's long military dictatorship. Rousseff, a former leftist guerrilla, spent three years in prison during the dictatorship and was brutally tortured. A study by the Brazilian government concluded last year that 475 people were killed or "disappeared" by agents of the regime, which ruled Brazil from 1964 to 1985. A 33-year-old amnesty law has protected members of the military from being held accountable for any crimes. **THE ASSOCIATED PRESS**

Indefinite detentions

U.S. terrorism law challenged

A bipartisan group of U.S. lawmakers is challenging a new law that allows the indefinite detention without trial of suspected terrorists, even U.S. citizens seized within the country. A coalition of Democrats, libertarians and tea-party conservatives on Wednesday unveiled an amendment to the 2013 defence budget that would end the indefinite detention. "The president does not need this authority to keep us safe," Rep. Adam Smith, the top Democrat on the House armed-services committee, said. **THE ASSOCIATED PRESS**

WHO sees major rise in 'diseases of affluence'

Blood pressure, glucose levels, obesity rising. Diet, tobacco, inactivity affecting developing nations' health stats

A quarter of those 25 or older now have high blood pressure worldwide, and almost one in 10 has worrying levels of glucose in their blood.

The World Health Organization's tally of global health statistics for the first time includes a look at blood pressure and glucose levels, two of the risk factors for diabetes and cardiovascular disease.

Among the findings released Wednesday were that 29.2 per cent of men and 24.8

Heart unhealthy

The worldwide tally noted:

- **Hearts working harder.** Globally, 29.2 per cent of men and 24.8 per cent of women have high blood pressure.
- **Higher blood sugar.** Similarly, 9.8 per cent of men and 9.2 per cent of women have raised glucose levels.

per cent of women have high blood pressure, while 9.8 per cent of men and 9.2 per cent of women have raised fasting blood glucose levels.

Officials in charge of compiling statistics from 194 nations for the U.N. agency say

rich nations have exported some of their disease risk factors to the developing world.

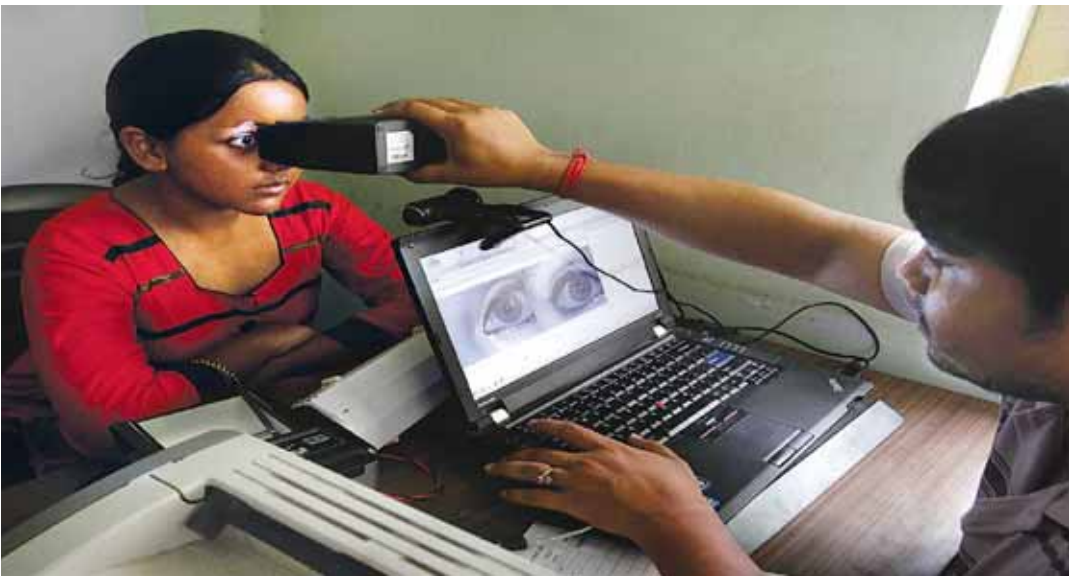
Dr. Ties Boerma, director of WHO's health statistics, said tobacco use, unhealthy diets and physical inactivity "are no longer diseases of just affluent countries."

Populations that are living longer are also a factor.

"Globalization, urbanization and aging populations are spreading around the world, so four out of five deaths due to the so-called diseases of affluence are in low and middle-income countries," Boerma said. "It's also being a victim of your own success."

Colin Mathers, who co-ordinates WHO statistics, says obesity is "rising everywhere" even as many children lack enough to eat.

THE ASSOCIATED PRESS



She's one in 1.2 billion

A young woman in Kolkata gets her retina scanned Wednesday as she enrolls for Aadhar, a new project that aims to give every one of India's 1.2 people an identity record and number. **BIKAS DAS/THE ASSOCIATED PRESS**

Blasted brains. Military injuries found to be like repeated blows to the head

Researchers studying the brains of soldiers exposed to blast injuries have found evidence of a degenerative disease also detected in athletes who have suffered repeated blows to the head, raising a new worry for combat veterans.

Scientists from the U.S. and U.K. say brain tissue in

four American military members showed signs of chronic traumatic encephalopathy, a progressive disease linked to repetitive concussions.

The condition has been identified in more than a dozen NFL players who have died after suffering multiple concussions.

In some cases, they developed memory loss, irritability, dementia and suicidal thoughts before they died.

Patric Stanton, a cell biologist at the New York Medical College, said the scientists found signs of the disease in veterans exposed to even just one blast. **THE ASSOCIATED PRESS**

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Honduras

Reward offered for tips on journalist's death

Honduran President Porfirio Lobo on Wednesday offered a reward of more than \$150,000 for information leading to the killers of one of the country's best-known journalists, whose body was found nearly a week after he was kidnapped.

THE ASSOCIATED PRESS

War correspo

Syria. Marie Colvin was described as best war correspondent of her generation

Leading politicians and journalists have gathered in London to pay tribute to slain war correspondent Marie Colvin.

Colvin, 56, was killed on Feb. 22 when army shelling struck the building that

Memorial

"The bravest of the brave was also the kindest of the kind"

Lyse Doucet, BBC journalist

served as a makeshift media centre in the Syrian city of Homs. She worked for the Sunday Times of London.

Her editor, John Withrow, described the American



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ndent honoured

reporter as the “greatest war correspondent of her generation,” telling a packed memorial service at St. Martin-in-the-Fields church on Wednesday that the world has lost someone “unbelievably special.”

Colvin’s mother and sister attended the memorial, along with Britain’s Foreign Secretary William Hague and former Foreign Secretary David Miliband, who read a poem.

THE ASSOCIATED PRESS



People attend a London memorial service Wednesday for Marie Colvin, the war correspondent killed in Syria. LEFERIS PITRAKIS/THE ASSOCIATED PRESS



Anti-Semitism

Jewish group seeks measures against far right

A major European Jewish organization is urging European governments to quickly adopt measures to tackle anti-Semitism and far-right extremism, including possibly banning a hardline Greek party that did unusually well in recent elections.

Moshe Kantor, president of the European Jewish Congress, was meeting with Czech Prime Minister Petr Necas on Wednesday to seek his support for “emergency measures” to protect the continent’s Jewish communities from violent hate crimes. THE ASSOCIATED PRESS

Jewish cemetery

Woman to settle suit over burial

A Connecticut woman has agreed to settle her lawsuit against her Jewish congregation over the burial of a black woman in the synagogue’s cemetery.

Maria Balaban’s attorney said he and a lawyer for Congregation Ahavath Achim have reached a tentative agreement.

Balaban sued over the burial of Juliet Steer in 2010, saying the synagogue broke its rules against burial of non-Jews at the cemetery. Others said Steer was buried in a section reserved for non-Jews. Balaban wanted Steer’s body exhumed and relocated, but later dropped that request.

THE ASSOCIATED PRESS



Horsing around

Firefighters and lifeguards prepare to assist a horse swimming offshore near Carpinteria, Calif. The Arabian horse named William got spooked during a California beachside photo shoot Tuesday and swam a mile out to sea before rescuers got to him and helped him back to shore.

RYAN KELLY/SANTA BARBARA HARBOR PATROL/THE ASSOCIATED PRESS

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Quebec tries to restore some order

Legislation.

Student protests continue as government drafts emergency plan to suspend school year

The Quebec government has announced plans to suspend the current academic session for striking students in an attempt to restore order in a province plagued by unrest.

Premier Jean Charest says he will table emergency legislation.

The legislation would temporarily halt the spring semester for the minority of faculties paralyzed by the strikes, push up the summer holidays, and reconvene students in August so they can complete their spring session before starting the fall one.

Charest would not address reports that the legislation

will also impose stiff fines on picketers blocking access to classrooms.

He said the details would be revealed when the legislation is tabled.

"It's time for calm to be restored," Charest said at a podium, flanked by four university rectors or association officials.

"Access to education is a right. Nobody can pretend to defend access to education and then block the doors of a CEGEP or university."

"The current situation has lasted too long.... Quebecers have a right to live in security."

The conflict has lasted three months and caused considerable damage — with numerous injuries, countless traffic jams, a few smashed windows, subway evacuations, clashes with law enforcement, a heavy police bill, and of course disruptions to the academic calendar.

THE CANADIAN PRESS



Cops violated

Police pull back an activist during the summit, concludes

DARREN CALABRESE/THE CANADIAN PRESS FILE

Privacy. We may soon be able to opt out of ads based on web-surfing habits

Canadians concerned about web ads that seem to know a little too much about their habits may have relief coming.

Soon you may have access to an opt-out tool. In one program a blue icon denotes these ads.

AB Canada, a non-profit association representing the digital marketing and advertising industry, is currently

in negotiations with the Digital Advertising Alliance in the U.S. to adopt its self-regulating program, which is already in place south of the border.

A blue icon with a lowercase "i" denotes ads that are appearing because of behavioural advertising practices, based on a user's past web history. The icon links to aboutads.info, which in-

cludes an opt-out feature used by about 160 ad agencies, ad networks and companies, including the likes of American Express, AT&T, Bank of America, Conde Nast, Dell, Delta, Forbes, Google, Microsoft, Verizon and Yahoo!

"They're about two years ahead of us, so they're looking at other things now."

THE CANADIAN PRESS



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civil rights: Summit report

The G20 Summit in Toronto, June 26, 2010. Police violated civil rights, detained people illegally and used excessive force, according to a report by Ontario's independent police watchdog. It also blasts the detention centre set up by Toronto police.

Montreal. Bylaw takes cue from Tories, aims to ban masks at protests

Montreal is looking at banning the wearing of masks at protests. The mask ban would be a response to the near-daily student demonstrations. The bylaw would give police power to fine those wearing masks.

A local bylaw under discussion might offer an early demonstration of whether such a ban actually cuts down on violent protest — or helps

inflare it, while creating additional headaches for police and backlogs in the justice system.

The bylaw will be studied by the city's public-safety committee Wednesday and could be adopted by the end of the week. If that happens, the protest-charged city will become something of a laboratory for a coast-to-coast crime-fighting experiment.

Elsewhere in the country, a private-member's bill, C-309, is progressing through the House of Commons after easily passing second reading, and it could become Canadian law within months.

The move by Montreal's mayor, Gerald Tremblay, is a response to the near-daily demonstrations that have cost the city millions in lost productivity. **THE CANADIAN PRESS**

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A Lebanese Sunni sheik, centre left, helps a woman pass between Lebanese army soldiers during a patrol after clashes between Salafist and pro-Syrian regime groups, in the old market of the northern port city of Tripoli, Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

Syrian president pins deadly attacks on mercenaries

The blame game.

With mounting opinion against him, Bashar Assad tells Russian state news that his government has detained foreign soldiers of fortune

Responding to Assad

"There are no foreign mercenaries in Syria.... This is a revolution being made by the Syrian people."

Rima Fleihan, a Jordan-based Syrian activist, responding to President Assad's claims

In his first interview since December, Syrian President Bashar Assad insisted his regime is fighting back against foreign mercenaries who want to overthrow him, not innocent Syrians aspiring for democracy in a yearlong uprising.

The interview with Russian TV showed Assad is still

standing his ground, despite widespread international condemnation over his deadly crackdown on dissent.

"There are foreign mercenaries, some of them still alive," Assad said in an interview broadcast on Wednesday. "They are being detained and we are preparing to show them to the world." Assad also cautioned

against meddling in Syria, warning neighbouring nations against serving as transfer points for contraband weapons.

The UN estimated in March that the violence has killed more than 9,000 people, and hundreds more have been killed since then as a more recent revolt transformed into an armed insurgency.

The decision to grant a rare interview to Russian TV speaks to Damascus' close ties with Moscow, with Syria being the Kremlin's last ally in the Middle East.

The opposition describes Assad's claims as ludicrous, and says the regime's attacks on peaceful protesters led many to take up arms.

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Dr. Costa Apostolides
Dr. Fred Burge
Dr. Greg Archibald
Dr. Helena Piccinini-Vallis
Dr. Nandini Natarajan
Dr. Amy Gillis (Locum Dr. Matt Grandy-July 1st start)

Spryfield Clinic Team 3

Dr. Lynn Bussey
(Locum Dr. Mandy Irwin)
Dr. Alethea Lacas
(Locum Dr. Megan King - July 10th start)
Dr. Diane Delva
Dr. Richard MacLachlan
Dr. Karen Clarke
Dr. Jock Murray

Spryfield Clinic Team 4

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Report: West will lead country in economic growth

Resource-rich.

Conference Board predicts that four western provinces will claim top four growth rates in 2012 and 2013

Resource-rich Western Canada is going from strength to greater strength, according to a new Conference Board

forecast on the economy.

The think-tank's spring outlook predicts Alberta will lead the country in economic growth both this year and next with 3.8 and 3.7 per cent gains respectively.

In fact, the four western provinces will claim the top four growth rates in 2012 and 2013, all bettering or equalling the average growth in the country.

And the four provinces will enjoy the lowest lev-

els of unemployment both years.

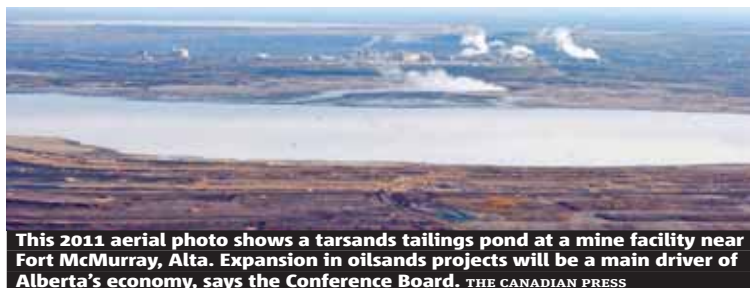
Meanwhile, the think-tank expects Quebec and the Atlantic provinces to underperform in both years, while Ontario will about match the national growth rate of 2.3 per cent in 2012 and 2.8 per cent in 2013.

The Conference Board says elevated oil prices and expansion in the oilsands projects will be the main drivers of Alberta's economy.

As well, Alberta's economy is benefiting from strong population inflows as workers gravitate to where the action is.

Despite the bigger workforce, the think-tank believes Alberta's unemployment rate will remain among the lowest in the country at under five per cent both years, more than two points below the national average.

THE CANADIAN PRESS



This 2011 aerial photo shows a tarsands tailings pond at a mine facility near Fort McMurray, Alta. Expansion in oilsands projects will be a main driver of Alberta's economy, says the Conference Board. THE CANADIAN PRESS

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Rupee hits all-time low

An employee counts Indian rupee notes at a bank in Allahabad, India, Wednesday. The Indian rupee hit an all-time low against the U.S. dollar Wednesday, as risk-averse global investors wary of India's twin deficits drowned out central-bank efforts to stem the currency's slide. The rupee hit 54.44 against the dollar, breaching its prior low of 54.39 set Dec. 15, according to FactSet data.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Aftershock. Eurozone at crossroads: Flaherty

Finance Minister Jim Flaherty says the eurozone is reaching a turning point, but that the departure of Greece is not yet inevitable.

Flaherty says he's concerned that failure to resolve the issue could have serious rebound effects on the Canadian banking sector and economy.

Flaherty told the Senate finance committee he's been urging the richer European countries to overwhelm the debt crisis with a massive bailout for years, but that no such package has materialized. He says the European Central Bank's latest announcement that it would refuse to deal with troubled Greek banks is the latest example of not living up to the responsibility implied in forming a common currency zone.

He fears the ECB's decision could create a shock in financial markets that may reverberate in the U.S. and Canada as well. In testimony before the Senate committee, Flaherty said he's still opposed to the International Monetary Fund coming to the rescue of Europe, however. **THE CANADIAN PRESS**

YouTube launching HUNGRY

Bruce Seidel is confident the future of food television won't be seen on television.

Which is why the Food Network and Cooking Channel veteran has checked out of network TV to oversee the launch of YouTube's latest original content channel, HUNGRY. The channel, which goes live on July 2, is expected to feature a freewheeling blend of how-to and celebrity-driven food videos.

The venture is part of the Google Inc.-owned video site's plan to launch roughly 100 channels of niche-oriented programming. Earlier this month,

YouTube pledged to spend some \$200 million US to help market those channels across Google and its advertising network.

Seidel was drawn to the project in part for YouTube's ability to create a more direct community with viewers than generally is possible with network television. It offered increased flexibility not just for viewers, but also for producers, who can more easily experiment with format and content.

YouTube also offers an enviably large and young demographic, truly the icing on advertisers' cake.

"The wonderful thing about YouTube is it has 800 million users worldwide and they all need to eat," Seidel said in a telephone interview. "I'd like to get just one per cent of them."

YouTube content historically has been dominated by low- and no-budget user generated videos.

But Seidel, a former top executive at Food Network who oversaw the launch of its sister network, Cooking Channel, said HUNGRY will feature professionally produced videos worthy of any network.

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Skechers to pay \$40M to settle charges

False advertising. FTC claims shoe company falsely represented clinical studies

Skechers USA Inc. will pay \$40 million to settle charges by the U.S. Federal Trade Commission that the footwear company made unfounded claims that its Shape-ups shoes would help people lose weight and strengthen their butt, leg and stomach muscles.

Wednesday's settlement also involves the company's Resistance Runner, Toners, and Tone-ups shoes and claims of deceptive advertising for those shoes as well.

Consumers who bought the shoes would be eligible for refunds, though it's not clear how much money they'll get.

The FTC says that will depend on how many claims are received in the eight-month filing period.

Wallet workout

Skechers billed its Shape-ups as a fitness tool designed to promote weight loss and tone muscles with the shoe's curved "rocker" or rolling bottom — saying it provides natural instability and causes the consumer to "use more energy with every step."

- Ads for the Resistance Runner shoes claimed people who wear them could increase "muscle activation" by up to 85 per cent for posture-related muscles and 71 per cent for one of the muscles in the buttocks, said the FTC.

The settlement is related to a broader agreement also announced Wednesday that resolves a multi-state investigation led by the attorneys general from Tennessee and Ohio and involving more than 40 states.

THE ASSOCIATED PRESS

Google

Modified search engine in the works

Google is introducing a new tool debuting Wednesday which draws from a Google-built database of more than 500 million people, places and commonly requested

things to provide a summary of vital information alongside the main search results.

Google Inc. spent the past two years poring through online encyclopedia Wikipedia, the CIA Factbook and other sources to expand a database of 12 million items.

THE ASSOCIATED PRESS



Facebook stock

A taxi passes the Nasdaq MarketSite Wednesday. Facebook says 25 per cent of investors clamour for a piece of the Nasdaq, Friday. The entire increase in investors, so the company won't be Facebook's stock is expected to begin trading under the ticker symbol "FB".

Housing. Demand

The Re/Max real-estate sales organization says demand for high-priced housing was strong in most Canadian markets in the first months of this year, with records set in 10 of the 16 markets it tracks.

Vancouver was one of the six markets where the luxury

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Stock flying high

Shares in New York's Times Square on Tuesday more shares will be sold as the year's hottest stock offering on the Nasdaq Stock Exchange comes from insiders and early investors. The additional sales will benefit from the trading on the Nasdaq Stock Exchange. RICHARD DREW/THE ASSOCIATED PRESS

Inquiry. Politicians, press became too close: Former U.K. minister

Britain's politicians and its powerful media were uncomfortably close while Tony Blair ran the country, a former U.K. minister said Wednesday.

Jack Straw, who held several key posts, told an official inquiry into media ethics that journalists and Blair's Labour Party had forged "very, very close, sometimes incestuous" ties while Blair strived for power, and that those links endured when he became prime minister in 1997.

Blair served as Britain's chief for a decade — handing over to his successor Gordon Brown in 2007. Current British Prime Minister David Cameron has already acknowledged he developed ties to the media that were "too close" while he was opposition chief.

Straw, who served as for-

Quoted

"The perception I got is that Mr. Murdoch is enjoying the fact that he has been willing to play with political leaders."

Jack Straw, former foreign minister

eign secretary, home secretary and justice secretary, said he believed that newspaper baron Rupert Murdoch, whose holdings extend to television and film, took advantage of his relationships with lawmakers to consolidate his media interests.

Straw was testifying before Lord Justice Brian Leveson, who is investigating whether British politicians and newspaper proprietors traded favours.

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Market Minute



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and up nationwide: Realtors

market has cooled off after an especially hot period last year, but demand in Toronto remained high.

The organization says the price of luxury housing depends on the market, from a low of \$500,000 in mid-sized cities such as St. John's and

Halifax to a high of \$2 million in the Vancouver area.

In the case of Regina, which had the biggest increase in luxury sales this year, there was a 56 per cent more sales of at least \$500,000.

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Hamster, Zhuzhu Intrectv Lnghr Astd (#7213-330)
Hamster, Zhuzhu Intrectv Wdln Astd (#7213-331)
Emergency Blanket, 59 X 39" (#8722-028)
5625W Gasoline Generator W Wheel Kit (#KGC5625G)
R-200 Hollow 24"X36"X8" Buoy (#M14003)
R-450 Foam Filled 24"X48"X12" Buoy (#M14014)
Liteweight felt paper (#15FELTDISC)
25yr Dakota 3-tab shingles (various colours)
30yr Mystique Laminate Shingles (various colours)
Interior Doors (Blemished)
Various Windows/Doors (in stock only)
Pkg Cttnge Beaded Pine (#PDBEADDISC)
Square 4x8 lattice (#MS48GPL)
4X4X10' PT weathered (#4410DISC)
6x6x10' PT weathered (#6610DISC)
Lights (Europhase and Dainolite)
Trex Railing
Fanfold (#38FF)
Weathered Lumber (good for Sheds / Garages)
Various Sidings

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\$24.99	\$19.99
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	up to 75% off
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\$19.99	\$13.99
\$10.99	\$5.99
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\$6.29	\$1.97
\$2.99	\$1.97
\$16.99	\$8.47
\$8.49	\$4.47
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\$4.99	\$2.97
\$6.47	\$4.97
\$3.99	\$1.47
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\$1.99	\$0.69
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7213-331)	\$13.99	\$7.97
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HIS MUSIC AT WORK



HE SAYS...
John Mazerolle
metronews.ca/hesays

have just panicked in its general direction, or maybe called my parents for one of my “How do I do cook/clean/kill this?” calls, to ask if they had any quick household tips to avoid smoke inhalation.

But when I heard lead singer Gord Downie’s voice, I leapt into action, barrel-rolling into the room as if lives were at stake, and grabbed both sides of the TV screen ready to give it mouth-to-mouth if necessary.

I admit I may have a problem.

I will go long periods of time as a normal person, then a new Tragically Hip album comes out and I become like those girls who are always fainting at the sight of Justin Bieber’s hair. As a 35-year-old professional with some vestiges of dignity, I keep it cool, but inside my heart is screaming, “OMG sooo exiteeed justin hold me retweet me impregnate me!!!”

So Hard Done By

As a 35-year-old professional with some vestiges of dignity, I keep it cool, but inside my heart is screaming, “OMG sooo exiteeed justin hold me retweet me impregnate me!!!”

So, I just heard a new Tragically Hip song playing on TV and ran into the living room like there was a fire.

Actually, that’s not true. If there had been a fire, I would

me impregnate me!!!” Or the emotional equivalent. I have also walked past Gord’s house because I wanted to see what it looked like (it looked like a house).

The Hip are my band. I own them. No doubt you own a band, too — probably acquired between the ages of 17 and 21, ample time being needed to get Billy Joel/MC Hammer/Bieber cleansed from your system. (If you like those performers, remember that music is

a completely subjective endeavour that you still somehow got wrong.)

Occasionally, you share your band at a concert or a card game, but more often than not they’re just yours. You criticize your band sometimes, because you love it, but if anyone else criticizes it, there’s hell to pay.

Owning a good band keeps you young. Either it breaks up and your memories of it become frozen at that “final” age, or they stay together and you feel like time isn’t passing at all.

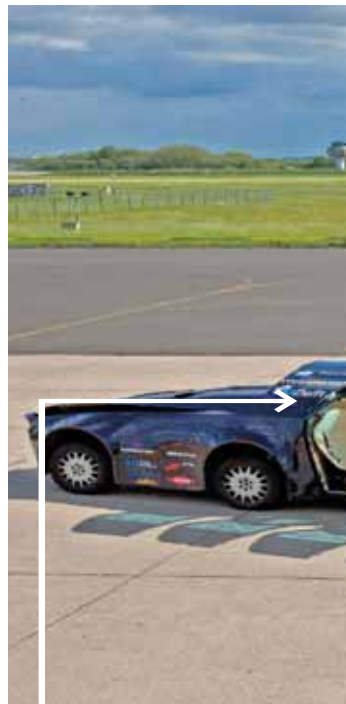
Take the Hip: More time separates today from New Orleans as Sinking than separated New Orleans as Sinking from Let it Be. But when I listen to the Hip, it’s hard to distinguish from how I felt when I was 17 or 27. It’s not nostalgia, exactly — more like timelessness. That’s a corny thing to say, I know, but my ownership of the Hip has been a long time running.

Now if you’ll excuse me, I need to call my parents. I want to ask them the best way to clean the TV before I put my lips on it.



Our columnist’s extreme love of the Tragically Hip has been a long time running. KEVIN FRAYER/THE ASSOCIATED PRESS

Comm



Future transport

‘Superbus’ gets the green light

In a ceremony in Valkenburg, Netherlands, Holland’s Minister of Infrastructure and Environment Melanie Schultz van Haegen on Tuesday attached registration plates to the Superbus, a Batmobile-style public transit vehicle that could whisk morning commuters off to work at super-fast speeds in the near future.

METRO HOLLAND



Register at
and take th

Which superhero mov
must-see list for the su

42%
THE
AVENGERS

2
DARK
R

ating by centipede



RICHARD VAN DER KLAUW/METRO HOLLAND

Designer's view



"You can reach the Superbus by telephone or via an app on your smartphone. The bus brings you everywhere you want to go."

Superbus designer and former Dutch astronaut Wubbo Ockels
After getting the green light from the Dutch government as a road-worthy vehicle, the Superbus will now undergo a further two years of development and testing of the prototype.

Plans for development

Need for speed

A ride with the Superbus will not cost you more than a second-class train ticket. The first route, which still has to be built, will connect the cities Heereveen and Groningen. When the route will be ready is still unclear. All Dutch highways will have to add an extra high-speed lane on which the bus can travel up to 210 kilometres per hour.

METRO HOLLAND

Facts and figures

- **Length.** 15 metres (twice the length of an adult killer whale).
- **Weight.** 9,500 kilograms fully loaded (heavier than a Tyrannosaurus rex).
- **Power source.** Electric motors powered by lithium-polymer battery pack and regenerative braking.

metropolitanpanel.ca
the quick poll

ie tops your
ummer?

29%
THE AMAZING
SPIDER-MAN

9%
THE
KNIGHT
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Twitter

@SideshowAmi:

Hurray for the guitar player who is leading an #Adele sing along at my gate at the Halifax airport. :-)

@Totlproductions:

I hope #halifax is getting excited for our 1st EVER Short Film Gala @NeptuneTheatre May.29th! Red Carpet entrance! Silent Auction! Live music!

@D_L_Johnson:

SHOUT OUT to my fav east coast

artists @JRDNmusic @ghetto902 #Halifax is where it's AT !! under-dogs on TOP

@walsha:

I am pleased to announce that Octagon has signed Halifax Mooseheads forward Jonathan Drouin as a client.

@amandamacleod84:

Wondering if there's a lobster painted as a cow or vice versa in #halifax I need an image if there is!



Mark Grantham showing off one of his works, *Serenade to the Sun*, that will be on display at his forthcoming exhibition

Artist turns the m into the truly ma

Passionate. Grantham revels in shedding beautiful light on the ordinary in the everyday



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

A cool \$120 million shelled out for Edvard Munch's *The Scream*, \$87 million for Mark Rothko's *Orange, Red, Yellow* — I guess what recent

art auctions have taught us is when you can't rely on the stock market, the best place to secure a return on your investment is to dive wallet-first into the art world.

Unfortunately that level of financial success is always achieved post-mortem, a sentiment local artists, like Mark Grantham, try not to harp on.

"It amazes me to think that so often it's work from painters who didn't have the popularity during their lifetimes," he said. "It's a little unfortunate."

Grantham sits beside me at Studio 21, where a preview of his latest collection, *Reverie*,

will take place on Thursday night inside gallery one.

Grantham first dabbled in art when he was young. Hell-bent and educated to lead a life as an architect, Grantham feels fortunate to be able to support himself through his art.

"I feel so grateful to earn my living with the same activity I did as a kid for fun," he said. "I know there are a lot of artists that can't."

Grantham's work sheds an interesting light on the mundane and ordinary — literally.

"My work often has to do with quality of light — it might be a particular street and the



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L. ANDRE DUMONT

mundane magnificent

sun is just right — that's what captivates me and makes me want to paint," he said.

Grantham's heart is filled with passion while his brain works on the business. A long-time Seaport Market favourite, Grantham sells smaller prints and postcards of his original work.

"Not everyone has the money to purchase an original, so to make my work more accessible I've adapted and have always supplied the public with smaller reproductions," he explains.

The sale of his works will commence at noon this Friday at Studio 21 Fine Art.

Exhibition

Mark Grantham's exhibition *Reverie* previews on Thursday and runs until June 18 at Studio 21 Fine Art.

- There are 16 new works in Grantham's 17th annual solo exhibition.
- The works range from Canadian rainy city scapes to sun-drenched countryside scenes to snow-filled shots of suburbia.

W

2

SCENE

Bio adaptation

Sorkin to focus on Apple after Facebook film

Aaron Sorkin is going from Facebook to Apple. Sony Pictures officials say the Oscar-winning writer will write a screenplay based on the Steve Jobs biography. Sony Pictures co-chairman Amy Pascal says Sorkin will make the film about the late Apple founder "everything that Jobs himself was: Captivating, entertaining and polarizing."

Sorkin won the adapted screenplay Academy Award for 2010's *The Social Network*. The 50-year-old writer was nominated in the same category for 2011's *Moneyball*.

THE ASSOCIATED PRESS

On the web



Finale of Desperate Housewives brings 11 million viewers to ABC on Sunday

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Robert Pattinson lights up the screen in Cronenberg's new flick

David Cronenberg talks *Cosmopolis*. Canadian director discusses latest film, and raves about the *Twilight* heartthrob's 'incredible' performance

JÉRÔME VERMELIN

Metro World News in Cannes

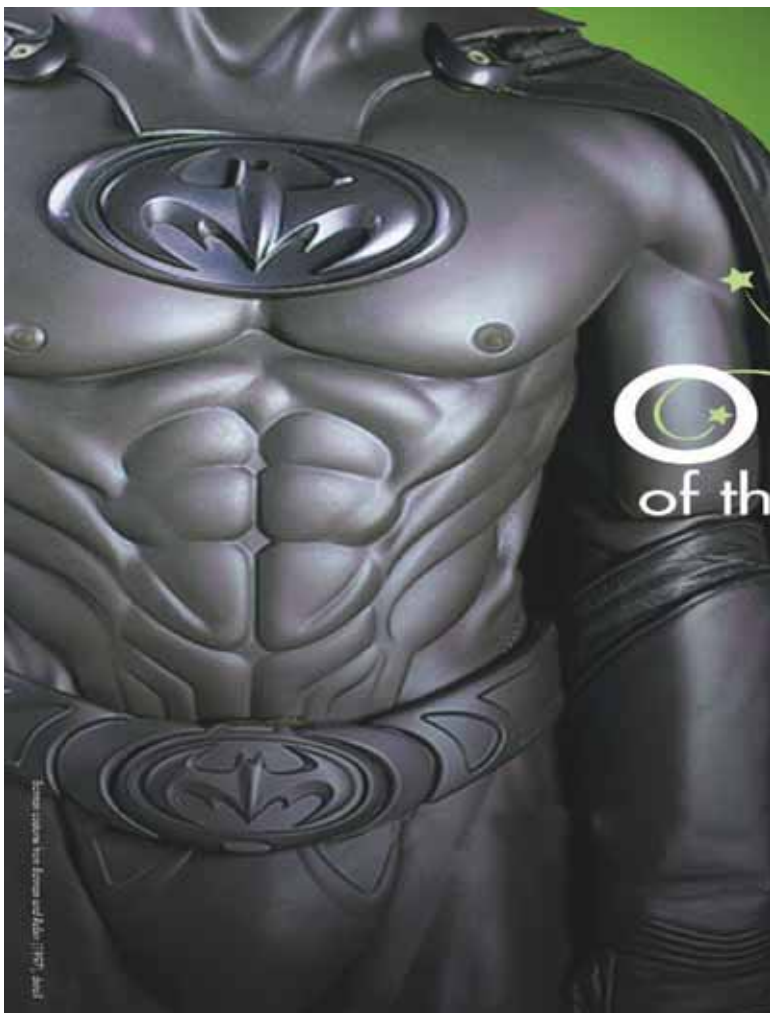
A few months after squaring off Freud and Jung in *A Dangerous Method*, Canadian director David Cronenberg is back with *Cosmopolis*. The adaptation of Don DeLillo's novel follows the adventures of young businessman Erick Packer as he makes his way around New York in a limousine — a journey that is packed with violence and sex. No one comes out unharmed. Alongside *Twilight* heartthrob Robert Pattinson, we find Paul Giamatti, Samantha Morton and two French actors, Juliette Binoche and Mathieu Amalric. The winner of the Special Jury Prize in 1996 for *Crash* and a hopeful again this year with *Cosmopolis*, Cronenberg speaks to Metro before the film's premiere on May 25.

How did you go about adapting Don Lillo's novel?

DC: "I wrote the script in six days. The first three days I re-transcribed the entire dialogue. The following three, I added descriptions for each scene. The monologues going on in Packer's mind I made into visuals. I am incredibly excited about this film and even more so Pattinson's performance."

Choosing to cast Robert Pattinson in the lead role may have come as a bit of a shock for some of your fans...

DC: "Rob is a wonderful actor and I think he will surprise



Lights, Camera, Cannes: Artists



Cannes artistic director Thierry Frémaux GETTY IMAGES

Cannes artistic director Thierry Frémaux reveals to Metro the key to successfully executing every film enthusiasts' dream job.

In a few words, describe what your job as artistic director entails?

TF: "The most important task is coming up with the final selection. We see hundreds and hundreds of films, but we can only keep 50/60 per cent of them. We are also aware that our selection needs to be coherent and approved within the



Robert Pattinson GETTY IMAGES

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more than a few. Because he's young, handsome and the star of the Twilight Saga, some people have come to the unfair conclusion that he is a bad actor. I am well aware of that. But I can assure you that he is incredible and a very hard worker. I can't wait to work with him again. In fact, I even told him I would love to cast him alongside Viggo Mortensen in the future."

Have any celebrities contacted you directly to ask if they could work with you?

DC: "Most of the time they tell their agent to tell my agent they want to work with me. Sometimes I ask to work with an actor without knowing if they have ever seen one of my films. That was the case with Rob. It just so happened he was very familiar with some of my work. On set (for Cosmopolis) I remember he and Juliette Binoche getting into deep conversations about obscure French films. He's a film fanatic."

Was hiring him a way of drawing the attention of people that weren't necessarily David Cronenberg fans?

DC: "The moment we confirmed Rob had been cast in Cosmopolis everyone started talking about it. I can only hope the public and the critics will like it. On the other hand, those only watching it because they are 'Twiards' (fans of the Twilight Saga) risk being disappointed. But fans of Rob will love Cosmopolis."

stic director's selection savvy

industry. And the rest of the time, well, we are busy putting together the world's biggest film festival."

Does the job require any key diplomatic skills?

TF: "Human qualities are enough. The same you need to get by in everyday life! Otherwise, appreciating other people's opinion, the ability to admire someone else's work and having an open mind. I also think you need to lead the life of an athlete and prioritize focus, sleep and diet."

Being a film lover yourself, do you sometimes have to make concessions when it comes to your personal likes and dislikes in the industry?

TF: "No, there are no concessions to make. My job isn't about choosing what I like and refusing what I don't like, it's about making the best possible selection. I could tell you about lots of films I loved that did not make it through to the final selection."

Can you imagine your life without the Cannes Film Festival?

TF: "I worked in Cannes long before getting this job. For me, this time of year has always been special. Now it's exceptionally special."

As a teenager, how did you imagine the festival to be like?

TF: "As something extraordinary. Not for the glittery, celebrity side of it all but for its amazing history and cinematic diversity."

And now, how do you see it?

TF: "As a privilege."

METRO WORLD NEWS IN CANNES

Mayer wisens up

John Mayer wants everyone to know he's done a lot of growing up in his two years out of the spotlight.

"I lost my head for a little while. I lost touch and I didn't want to ask for directions," Mayer tells Ellen DeGeneres during a visit to her talk show. "I did a couple really dumb interviews and it woke me up."

The singer, who famously shot his mouth off about famous ex-girlfriends and racial issues, insists he's calmed in the intervening time off. "I think back then I would have said, 'Give me two weeks' or like, 'Let me get out and do Ellen and let me explain myself,'" Mayer says.

"It was like, 'No, idiot. Go away. Be 33 and 34 instead of 28 for the fourth year.'"



Gaga banned from performing in Jakarta



Lady Gaga

Lady Gaga has been denied a permit to perform in the city of Jakarta, according to E! News.

The singer was reportedly banned from Indonesia all together after an outpouring of criticism from Islamic activists, but a spokesperson for the

Indonesian national police would only confirm that she would not be allowed to go ahead with her scheduled show on June 3. Officials pulled the permit out of fear that they would not be able to control protesters at the event. Lady Gaga's rep has yet to comment.

METRO

OUR TAKE ON THE WORLD

The Word



Forgive us, Miley Cyrus

MONICA WEYMOUTH
scene@metronews.ca

It seems we owe Miley Cyrus an apology. While we were rooting against her as rumours circled that she might land a spot at the X Factor judges table, she was busy being an adult with a real life and rescuing dogs.

Earlier this month, the starlet brought home Happy, a beagle mix who was left outside a Walmart, and over the weekend she added a

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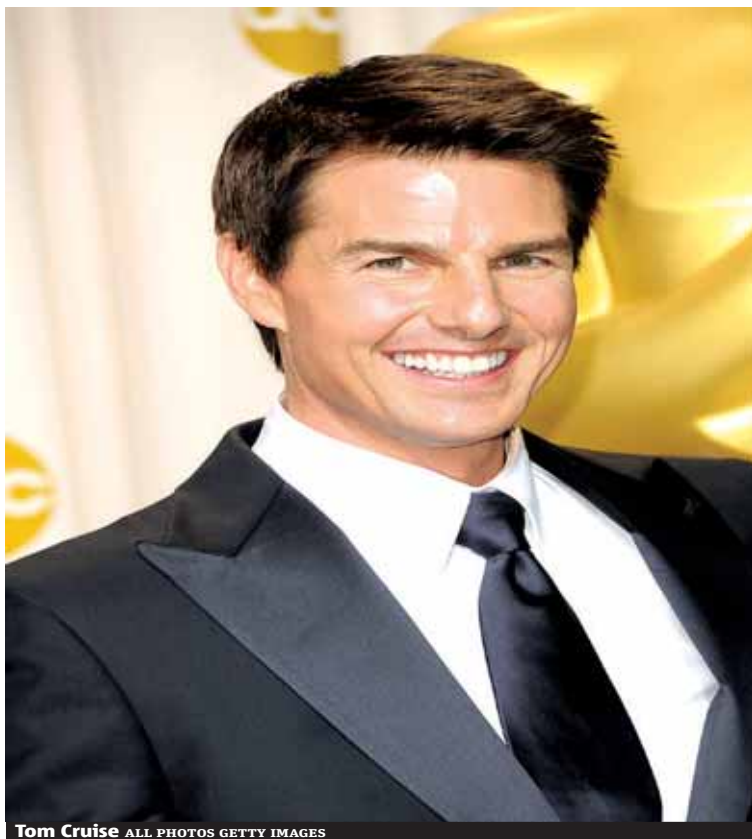
fifth rescue pup, Mary Jane, to her collection.

"Meet the newest addition to our family Mary Jane," Cyrus tweeted. "I love rescuing."

And apparently, Cyrus' dogs live — and sleep — pretty comfortably.

"As all my dogs jumped on my face the first words out of my mouth this morning ... 'I am living my dream life,'" she tweeted later.

Miley, we have to admit, we seriously underestimated your idea of a dream life with Mary Jane. Consider this your summer get-out-of-the-gossip-column-free pass — and tell your girl Lindsay about our limited-time deal.



Tom Cruise ALL PHOTOS GETTY IMAGES

Tom's OK with the haters

Tom Cruise has gotten over his couch-jumping period, but he's not mad at other people for dwelling on his past moments of erratic behaviour.

"Do I make mistakes? Yeah. I don't care who you

are, life has challenges," Cruise tells Playboy magazine. "I remember as a kid I wanted an adventurous life, and I've gotten it. So if someone judges me harshly, it's OK. I don't even judge them harshly for doing it."

Lawsuits not over for Travolta

Although the first man to accuse John Travolta of sexual battery dropped his lawsuit, he's since hired another attorney, and it's none other than the high-profile civil rights lawyer Gloria Allred.

"I represent John Doe No. 1. Mr. Doe's lawsuit was

dismissed without prejudice which means that he is still legally entitled to file another lawsuit against John Travolta if he chooses. We are in the process of conferring with him regarding the next steps which he may wish to take," Allred said in a statement.

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LIFE

Style in brief

Simpson to launch maternity line

Brand-new mother Jessica Simpson is launching a line of clothing for moms-to-be. With it all still fresh in her mind, the 31-year-old singer-actress, who gave birth to daughter Maxwell Drew Johnson on May 1, announced Monday a partnership between Camuto Group, the master licensee behind her label, and retailer Destination Maternity. The clothes, with a hint of a 1970s vibe, will be in stores in the fall.

THE ASSOCIATED PRESS

On the web



Combatting chlorine:
Wet hair, damp skin
can leave swimmers
feeling dry

Six sum for your

We talk to a makeup artist and facialist to disc



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Summer updates beauty cabinet

cover the skin and makeup products you'll need to get you through months of pore-clogging summer heat

ROMINA MCGUINNESS
life@metronews.ca

The facialist: Una Brennan

Una Brennan's famous clients include the always luminous Sienna Miller

SkinCeuticals CE Ferulic, \$146, skinceuticals.co.uk

"This is such a powerful antioxidant serum. Not only does it protect and repair the skin from external aggressors, it helps stimu-



late collagen for more youthful looking skin. I never go a day without it and believe everyone should use a topical vitamin C antioxidant in this form."

Clarisonic, Opal Sonic Infusion, \$185, clarisonic.com

"This is fantastic for kick-starting under eye lymph drainage, which is a massive bonus for those who suffer from puffy eyes or dark circles. It also helps



your eye cream penetrate the skin more easily. Perfect after a late night out."

Epicuren Acidophilus Probiotic Facial Cream, \$22, epicuren.com

"Perfect for even the most sensitive skin. My favorite moisturizer for calming redness and inhibiting breakouts, this cream will make your skin clear and glowing."



The makeup artist: Francesca Tolot

Tolot has worked on the perma-flawless Beyoncé Knowles.

Chanel, Illusion d'Ombre Eyeshadow in Illusoire, \$36, chanel.com

"Even in balmy temperatures, this eyeshadow won't crease and cake up on the eyelids or cause uncomfortable powdery heaviness."



The taupe shade is a universal colour that adds depth to the look in your eyes."



NARS Blush Bronzer Trio in Laguna, Albatross and Orgasm, \$63, narscosmetics.com

"When it's hot and humid your face doesn't need to be smothered in makeup. Unless you have bad skin, avoid heavy foundation in the summer. This palette is the perfect alternative to foundation

if you want extra shimmer."

Dior Vernis in Nirvana, \$23, dior.com

"Summertime means exposed hands and toes, so you need to get the color right. I love darker, vibrant shades (even in summer!) as they look beautiful on anyone but for something a bit more out there, I love the turquoise Dior Vernis Nirvana. It's a colour that requires commitment, but it's worth the risk."



ate

HEALTH & FRIENDSHIPS!

5K Women's Race

June 9, 2012
Dartmouth, NS

dartmouthcrossing.com



Sweaters, shoes and Shambhalas for the summer

Fashion finds. A versatile cardigan, Mary Janes fit for the runway, and the celebs' favourite bracelet are just waiting to be worn

THE KIT
thekit.ca

Shape-shifter

The cardigan has long been a staple in women's wardrobes, but this versatile version is now your new go-to item. Modelled after the long-sleeve version from fall (it was one of Jacob's best-selling pieces of all time), this open cardigan features small buttons along the hem that allows you to style

it more than five different ways. Jacob cotton-blend cardigan, \$49, jacob.ca.

—VANESSA TAYLOR

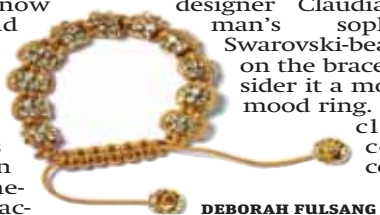
Vince Camuto comes to Canada

The full Vince Camuto lineup comes north for fall but luckily for shoe lovers, the line's stylish yet affordable heels are available now at Town Shoes and The Bay. We love the label's lady-like Mary Janes and rhinestone-encrusted pumps. With most styles under \$200, you can get a straight-off-the-runway look for a fraction of the typical high-fashion cost.

—VANESSA GRANT

Oh la la, Shambhala

The favourite trinket of today's celeb? From Jay-Z to Justin Bieber, Sofia Vergara to Kim Kardashian, it's the pretty Buddhist-inspired Shambhala bracelet. We're smitten with its worry-bead loveliness, and the fact that its crystal-studded beads can be chosen in a hue to suit your mood. Our shopping choice: Montreal designer Claudia Grundman's sophisticated Swarovski-beaded take on the bracelet—consider it a modern-day mood ring. \$70-\$190, claudiaaccessories.com.



DEBORAH FULSANG

GET ALL THE LATEST STYLE AND BEAUTY KNOW-HOW AT THE KIT INTERACTIVE MAGAZINE, AT THEKIT.CA

Runway to closet. Net-A-Porter bringing McQ line to shoppers



Sarah Burton's debut McQ diffusion line is coming to Net-A-Porter, where shoppers will have the chance to purchase made-to-order pieces. HANDOUT

The McQ runway look that you've lusted over ever since the show happened in February can be in your wardrobe within just weeks.

Net-A-Porter is offering the chance to shop for made-to-order pieces from Sarah Burton's debut McQ diffusion line.

That means you can have your pick of show-stoppers such as a blanket wool tartan coat and an array of appliquéd flower tulle dresses

months before they hit stores.

The Net-A-Porter and McQ collaboration is the latest in a growing trend in which fashion houses are trying to close the gap between when shoppers see runway images of a collection online and when it actually hits stores.

The collection is available online for seven days, from May 16 until May 23.

METRO WORLD NEWS

Cut on Your Bias

New fashion website brings democracy to virtual shopping

Imagine Net-A-Porter with a bit of Project Runway mixed in and you'll have a pretty good idea of what the new website Cut On Your Bias (cutonyourbias.com) is like. The fashion platform lets customers vote on the clothes before the designer has even started cutting.

It's the brainchild of New York-based Louis Monoyudis, who wanted to give shoppers the opportunity to get involved with aspects of the design process like selecting the colour, fabric and silhouettes from a range of curated designers such as Hyden Yoo, Antonio Azzuolo and Carlos Campos.

Unlike a bespoke service, which — let's face it — is way out of most shoppers' price range, the designer will only produce the style combination with the most votes tallied at the end of a two-week period. In essence, voters will be responsible for creating the site's capsule collections. Best of all, if you vote for the winning look, you'll receive a non-transferable 25 per cent discount.

METRO WORLD NEWS

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



@Jeanne_Beker: Chanel's dress instructions for today's cruise show at Versailles: Wear black. Even my camera crew! A backlash to this season's brights?

@Jeanne_Beker

The master has arrived! Karl's here, though we're still outside the main garden gates, waiting to get in, Celebs due include Tilda Swinton.

@fashionNE

Tilda is a goddess, can't wait to see what she's wearing when the pictures come out

@styleisleIRL

So jealous right now ;)

@Jeanne_Beker

Vanessa Paradis says Karl is inspiring because he's all about the future + going forward. Ines de la Fressange says Karl is a "royalist"

@Jeanne_Beker

Now off to cocktails with Karl at the Grand Canal on grounds of Versailles...on a shuttle train.

@Jeanne_Beker

Great interview with Karl, who claims he's here for the long haul. Thrilled. I tell him he's one of the big reasons I'm still in the biz.



@Jeanne_Beker

A sexy Pop Baroque thing going on at Chanel for cruise. Lots of pastels + brocades....



@Jeanne_Beker

Heavy-soled metallic shoes reign at Chanel's Versailles....

MY FIRST TIME
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The Downtown Halifax First Timers Club is kicking off in a big way. On Thursday, May 31, from 5:30 to 7:30 p.m., experience both sides of the fashion shoot with J&R Grimsmo, photography lessons from Applehead Studios and Jeff Cooke Photography, and complimentary gourmet hors d'oeuvres — all at Gio.

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PATIO, OUTDOOR & GARDEN

Thursday, May 17, 2012

GARDENSTRUCTURE.COM PHOTO

Deck out your ba

Choices. Consider different materials other than wood, and choose between contractor or DIY

**TIM
AVERY**
For Metro

If you find gas prices daunting or didn't manage to get your dibs in on your dream cottage back in February, maybe you should consider a "staycation" this summer on a backyard deck.

Lawrence Winterburn, founder and principal designer of GardenStructure.com, estimates the average cost for a deck in the Toronto area is between \$7,000 and \$15,000.

Rosario Ungaro of Deck Builders by Benchmark says one can be had for as little as \$3,600 to \$5,000, if it is constructed of pressure-treated lumber, the cheapest option.

Pressure-treated lumber lasts 10 to 15 years with or without finish, Winterburn says.

Ungaro notes cedar is a slightly more expensive option, but Winterburn warns not all cedar decks are equal.

"Western Red Cedar is the standard. Without stain it will last nearly 20 years, and if you pre-finish and maintain the stain, you could see closer to 40 years."

Ungaro says the hot trend is for considerably more expensive composite materials, especially PVC (polyvinyl chloride), because of its durability and low maintenance requirements.

Speaking of expense, Winterburn notes financing is



GARDENSTRUCTURE.COM PHOTO

usually only available through larger companies that subcontract the work to another company and mark up the contract

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GARDENSTRUCTURE.COM PHOTO

Backyard in style



10 to 15 per cent.

Most people get a line of credit or put it on a credit card.

How about doing it your-

self? Ungaro says the DIY route can save you about 40 per cent of the cost. But be careful, Winterburn says.

"I've seen some very serious DIY builders in my day, and many did overbuild. If they have a sum total of five years experience, have read about the craft extensively, you may be able to build like the pros."

"Do your research, build well and take your time and you will build a beautiful deck. If you have a talented carpenter as a friend you could ask them to work with you on the project. You will quickly realize that there is more to it than just nailing boards together."

How long can a homeowner expect the job to take?

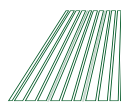
Winterburn says simple decks can be built in a day or two, while more elaborate decks can take two to four weeks.

If the deck is not attached to the house and not more than 24 inches high, there is no building permit required, Winterburn says.

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Consider adding a hot tub for your 'dream deck.' ISTOCKPHOTO/THINKSTOCK

Your o

Lifestyle. Outdoor renovations are growing in scope

LEE ROMAN
For Metro

With the glorious, but all too short days of summer just around the corner, homeowners are turning their home renovation focus to the great outdoors. Yes, even with Canada's cooler climate and short summer season, the outdoor lifestyle is definitely catching on. And by "outdoor lifestyle," we aren't just talking about resin chairs, gas barbecues and cedar decks.

"It's no surprise that we're seeing a definite shift from inside to outside the house right now," says Kyle Pickett, store manager, Lowe's Improvement Warehouse (Hazledean). "Outdoor renos are growing in scope. People are excited about creating attractive, fun and practical outdoor living areas, whether their 'ideal' is a stone patio, a sun deck or private, fenced-in garden. We do our best to inspire customers to see the vision of their entire project, not just the various stages of it."

Here are just a few ideas

Benefits of built-ins

- If you are considering a new deck, why not include built-ins in the plans? Built-in benches not only provide additional seating, but also double as storage units for everything from gardening tools and hoses to cushions and barbecuing utensils.



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own personal oasis



Create your own outdoor kitchen so you can enjoy the fresh air this summer. JUPITERIMAGES/COMSTOCK/THINKSTOCK

you might want to build on.

Screening out the pests

Why spend your time slapping mosquitoes when you could be sipping mojitos?

More homeowners are turning to screened-in porches to create alfresco entertaining areas that deliver the best of summer while keeping out unwelcome guests such as wasps, bees and mosquitoes. Throw in some funky overstuffed furniture, a table and a decent sound system and you have a comfortable room for entertaining or an inviting oasis for simply chilling out.

Taking the kitchen outside

If you love cooking and spending time outdoors, you can always create your own outdoor kitchen, complete with built-in grill, storage cabinets and counters. You can keep it simple and stick with the basics, or create a fully equipped kitchen with a sink, refrigerator and eating area.

Hello dream deck

The days of the modest square deck are gone. With a wider

range of materials and design plans to choose from, the sky is the limit for creating personal space that's just right for your lifestyle.

In addition to traditional wood products, you will find durable, low-maintenance composite materials that are designed to last. And if

you are worried about blocking your view of the garden, many types of contemporary railings are available with see-through slats or glass. If you are looking to add a little "wow" factor to your dream deck, consider adding a hot tub — perfect for parties and for soothing sore muscles.

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Water features.

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**ELIANNA
LEV**
For Metro

A body of water, be it a stream, ocean or pond, can have the same capabilities of soothing the mind as meditation or yoga. The comforting sound of waves or the serene stillness of a lake leaves a lasting, peaceful impact on the mind, body and spirit. But you don't have to leave your house to reap the benefits of a body of water. Water features for your garden are a convenient and satisfying way to bring tranquility to your home.

Trends

Emily White, owner of Featherfields Bird and Garden store in London, Ont., has seen many trends over



Natural-looking water bowls and birdbaths are popular trends when it comes to

the years when it comes to garden water features.

"A very popular thing right now is a natural-looking water bowl," she says. "Big ceramic water bowls with rocks and a little recirculating pump and plants — you can even put fish in there in the summer."

She adds that birdbaths

are a popular, constant seller, since they're a surefire way to attract wildlife.

Benefits

"For people's own relaxation, to listen to the sound of water is very relaxing and it can drown out some city noise, if you're in the city or have traffic nearby," explains White.

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water features in your garden. PHOTOS CONTRIBUTED

“And it does attract more nature. Even if it’s a birdbath or a pond, you’ll get far more birds with water in the yard and even the squirrels and chipmunks will come and drink from the fountains.”

What you’ll need

Most of the features White carries are self-enclosed.

“All you need is water in the basin and an outlet for the plug,” she says.

Once you have your feature set up, the only thing you need to worry about is making sure the water and pump don’t run dry.

For bigger features like a waterfall stream, it’s helpful to have a landscaper come in

to help with design and installation. Though White says it’s not impossible to build your own.

“Big-box garden stores do have pre-shaped plastic inserts that you can build in your own yard and build rocks around it, which allows you to landscape it yourself,” she says.

Tip. How does your garden grow?

Growing your own vegetable garden is easy and rewarding.

1 Lisa Giroday of Victory Gardens, a Vancouver-based urban farming project, says if you’re starting a garden from square one, take the turf out and buy new soil. “Often there’s little grubs under the roots of grass that love to eat the roots of your

vegetables, if given the opportunity,” she says.

2 Once you have your plot set up, use well-rotted compost or manure.

3 Sow seeds generously. “I tend to be a little more generous just to be sure I maximize my germination,” Giroday says.

4 Leave enough space for your food to grow. “Think about the end project and what it looks like in plant form, so you should have a good idea of the amount of space you’ll need,” she says.

5 Water your garden often. “Don’t water when it rains,” she says. “But water when it doesn’t.” **ELIANNA LEV**

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DINNER EXPRESS
Emily Richards
food@metronews.ca

This classic flavoured stew known as “hunter’s stew” offers up chunky pieces of vegetables and duck that will become a favourite for all your guests.

Serve this dish with fettuccine pasta or mashed potatoes to soak up the rich tomato sauce.

Look for the whole duck in the freezer section of the grocery store and let it thaw completely in the refrigerator for about 24 hours before use.

Ingredients

- 1 King Cole whole duck, about 5 lbs/2.5 kg
- 1/4 tsp (1 mL) each salt and pepper
- 1 large onion, chopped
- 6 cloves garlic, minced
- 1 lb (500 g) button mushrooms, quartered
- 1 each red and green bell peppers, chopped
- 1 tbsp (15 mL) dried oregano
- 1 tsp (5 mL) dried basil
- 1/2 cup (125 mL) dry red wine
- 1 can (28 oz/796 mL) diced tomatoes

Duck Cacciatore



This recipe serves four to six people. EMILY RICHARDS

1. Trim excess skin and fat from duck and reserve for another use. Cut duck into 6 pieces and remove backbone for another use. Sprinkle salt and pepper all over duck pieces.
2. Heat large shallow Dutch oven over medium high heat and brown duck on both sides. Remove to plate. Remove all but 1 tbsp (15 mL) of

the rendered fat in the saucepan.

3. In same pot, over medium high heat, cook onion, garlic, mushrooms, peppers, oregano and basil for about 15 minutes or until vegetables are beginning to brown. Pour in wine and stir vegetables to deglaze pan. Add tomatoes and bring to boil.

Let there be light

Easy fixes for everyday household dilemmas



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the butler: Having recently retired from 30 years in the hotel industry (sales), I truly believe in proper etiquette and good customer service.

Today I have two questions:

1. How would you recommend cleaning fabric lampshades?
 2. Any ideas on how to prevent clothes from getting caught in fitted sheets in the dryer?
- Wishing you continued success, Mary**

Dear Mary,

Thank you for your kind words! The first ques-



How do you properly clean a cloth lampshade? ISTOCK IMAGES

tion is easy — cloth lampshades should be cleaned with a soft vacuum brush attachment.

Remember that dust attracts grease, so vacuum them often to keep them dust-free. I would say to clean them monthly.

Now, your second question is a great one — but unfortunately I have no answer for it.

I hope that some reader out there may have the answer and if so, please write in and tell me your thoughts so that I can

vours ghetti



4. Return duck to pot. Reduce heat, and simmer covered for about 1 hour and 15 minutes or until duck is falling off the bone. Uncover and cook for 15 minutes to thicken the sauce slightly.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA



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Charles the butler

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SUMMER FUN

Thursday, May 17, 2012

Start season with a bang

Victoria Day. Here's how to celebrate the long weekend with a crowning success of a party

YLVA
VAN BUUREN
For Metro

Saying happy birthday to a Queen is a royal reason to have your first party of the season and this year, Queen Elizabeth's Diamond Jubilee is the ideal theme, says Pia Wiesen, who owns Pia's in Orangeville, Ont., and loves to entertain.

"I would be sure that diamonds sparkled up the in-

vite somehow."

Celebrating all things regal should continue as guests arrive, says Julie Albert, co-author with her sister Lisa Gnat, of Bite Me Too. You could have waving (dollar store) Union Jack flags in your outdoor planters, red, white and blue (Christmas) lights decorating the post and railing of your deck, "British" music playing such as The Clash singing London Calling, and the offer of a



Summer is a time to kick back in the b

mixed cocktail such as a Big Ben!

"Something lighthearted always puts your guests at ease ... automatically they're having a good time!"

Start the party outside, says Wiesen, and if the weather is on the cool side have a patio firepit or fire bowl that guests can congregate around. Add citronella candles or torches to keep the bugs away and spray-on sunscreen for those who want it, and everyone should stay comfortable.

A COMMUTER'S GUIDE TO LAUNDRY

Those tough commuting stains don't stand a chance w



THE HALF-CAF LATTE ON YOUR NEW BLOUSE.

As if mornings weren't bad enough, now you've got one tough coffee stain to deal with.

ON THE GO: Rinse the stain from the back with cold water to prevent the stain from sinking deeper into the fabric. Don't use bar soap - it may cause the stain to set.

AT HOME: Apply Clorox² Laundry Stain Remover Spray directly on the stain. Let stand for 5 - 10 minutes then wash immediately with your favourite detergent.



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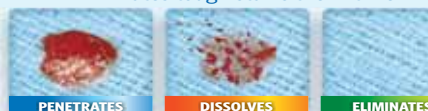
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backyard for a party with some friends. ISTOCKPHOTO/THINKSTOCK

If your party starts early enough, invite guests to play no-skills-required lawn games such as Frisbee, badminton or croquet.

A buffet-style dinner is the way to go — and it moves indoors easily if need be. Don't use your fancy dishes, says Albert. Instead, set the table ahead with a table cloth, sturdy plastic dishes, and red, white and blue napkins.

WHAT'S FOR DINNER

Wiesen suggests a dinner

that focuses on a selection of salads that you can prepare ahead. Serve with sliced, oven-roasted beef tenderloin, a basket of fresh bread, and a bottle of rosé. Here are three salad recipes.

1 Salad Nicoise: On a platter, arrange greens, small cooked potatoes, chopped eggs, tomatoes cut into wedges, and olives. Top with sliced seared salmon or tuna. Cover and refrigerate until ready to serve.

2 Seasonal Asparagus: Steam asparagus and

put it on a platter with a small bowl of Hollandaise or mayonnaise mixed with chives. Arrange thinly sliced prosciutto on the side. Cover and refrigerate until ready to serve.

3 Pia's Caprese Style Salad: Cut tomatoes and Buffalo mozzarella cheese into bite-sized wedges. Arrange on a platter and top with sliced red onions, finely chopped garlic and fresh thyme. Cover and refrigerate. To serve, drizzle with olive oil and balsamic vinegar.

DRY STAIN REMOVAL

with these handy stain-removal tips.



STAIN FIGHTER

UM. UGH.

Good news — you got a seat on the subway! The bad news? You just sat on some gum. Gross.

ON THE GO: Rub the gummy area with ice and carefully scrape away excess gum as soon as possible.

AT HOME: Before washing, apply Clorox 2 Stain Fighter & Colour Booster directly into stain. Wash immediately.



NOT-SO-MELLOW YELLOW.

It's 30° outside — but it feels like 100° on the bus. You can almost sense the big yellow stain forming around your armpits.

ON THE GO: Okay, it's kinda hard to remove armpit stains on the go. Your best bet? Keep your arms down until you get home!

AT HOME: Pretreat with Clorox 2 Laundry Stain Remover Spray. Wash with your favourite detergent along with one Clorox 2 Stain Fighter and Colour Booster concentrated pack.

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A pool party is one way to keep things fun during the summer. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

How to be cool with these pool party tips

Spontaneity. It will feel like the dock at a cottage ... but in your own backyard

YLVA VAN BUUREN
For Metro

Sometimes the best pool party happens spontaneously, says Meagan Richardson of the Pool and Hot Tub Council of Canada.

"When I wake up and it's a beautiful day," says Richardson, who has a large L-shaped pool in her backyard in Mississauga, Ont., "I send a text to all my friends and start planning food and beverages."

For your last-minute pool party, here's what you need to do.

- 1** Decorate if you have time, with Tiki torches, patio lanterns and inflatable palm trees.
- 2** Set up citronella candles to keep bugs away.
- 3** Prepare "beach" music on your iPod in advance ... think artists such as the Beach Boys, Jimmy Buffett and Bob Marley.
- 4** Stock up on lots of ice for drinks.
- 5** Give your guests a specific start time for the party — and also an end time if that's important to you.

Pool rules

Pool & Hot Tub Council of Canada provides these guidelines to help make backyard swimming pools as safe as possible.

- Adult supervision is mandatory when children are swimming.
- Encourage swimming lessons and first aid instruction for all family members.
- Keep pool chemicals in a locked area away from children and pets.
- Encourage walking — no running — around the poolside.
- Always swim with a buddy.
- Be responsible when alcohol is on the menu.
- Post "no diving" signs if you have an above-ground pool and in the shallow end of in-ground pools.
- Keep rescue equipment (pole, rope) and a first aid kit nearby.
- Post safety rules.

- 6** Ask guests to bring a towel, but have extras around, too.
- 7** Suggest guests bring long-sleeved cover-ups.

8 If kids are coming, be sure to have a designated lifeguard or babysitter.

9 Identify a change area — a cabana in the backyard or a bathroom inside.

10 Be sure there is lots of shade available — trees, an overhead awning or umbrellas.

11 Put sunblock out for your guests.

12 Stock up on pool games such as a water volleyball set.

13 Set up a buffet table and keep it filled with snacks such as tortilla chips and salsa, pita and hummus and even chilled gazpacho and bread.

14 Set out plastic plates and glasses for around the pool — no glass allowed.

15 Remind everyone to be responsible if they are drinking alcohol.

16 Keep a pitcher of cold water on the buffet table along with other non-alcoholic choices.

17 Keep lunch or dinner casual — burgers, sausages or hotdogs on the barbecue. Add a couple of easy summer salads ... everyone will love it.

18 Put a few garbage receptacles out.

19 Have several side tables for drinks and food.

20 Alert the neighbours about your pool party — better yet, invite them.



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SPORTS

Football camp

CFL players coming to Halifax

Super Elite football camp, featuring a number of CFL players on its coaching staff, is coming to Halifax on the weekend.

The camp, featuring Andre Durie, Chris Van Zeyl and Andrew Jones of the Toronto Argonauts and Jason Shivers of the Hamilton Tiger-Cats, is for players aged eight to 13 and will be held Saturday and Sunday from 9 to 11 a.m. and 2 to 4 p.m. at Saint Mary's University. Register online at superelitefootball.com.

Mobile news



Lance Armstrong says "the 13-year question" of whether he used performance-enhancing drugs is over. Armstrong, who has never been caught doping, says he's finished talking about the allegations that have dogged his seven Tour de France titles. Scan the code for the story.

NBL Canada

Retaining Claros 'gonna be a hard one,' say Rainmen owners

The Halifax Rainmen are hoping to have their head-coaching situation resolved by early next month.

Josep "Pep" Claros, who brought the Rainmen closer to a championship than any coach in their five-year history, has returned to Barcelona to spend time with his family and ponder his coaching future.

Claros signed on as head coach last summer and guided the Rainmen to a 23-13 record and a spot in the National Basketball League of Canada final. After the season ended, he took over as head coach of the Pioneros de Quintana Roo in Mexico and led them to a FIBA Americas League championship.

"That's gonna be a hard one," admitted Rainmen owner Andre Levingston. "I'm not sure about that yet. We would love to have coach back, naturally. He did a great job for us and hopefully we can retain him."

Levingston said he's giving Claros time to think it over and will meet with him next month.

In other news, the Rainmen have already decided on the five players they will protect from NBL Canada free agency. Although they don't need to submit their protected list to the league until the end of the month, Levingston said he will protect guards Taliek Brown, Chris Hagan and Joey Haywood and forwards Tyrone Levett and Darnell Hudgee.

It doesn't mean those players will be back with the Rainmen, as they are still free to sign in other professional leagues and could receive more lucrative offers elsewhere. But Levingston is hoping he can keep as many of them around as possible.

"Those are guys we wanted to protect and when the time comes, we'll try to sign them," he said.

MATTHEW WUEST/METRO



Josep "Pep" Claros

RYAN TAPLIN/METRO FILE



Mooseheads defenceman Steve Gillard could be a valuable returnee

Mooseheads expansion

QMJHL. GM Cam Russell submits 16-man protected list to league but refuses to divulge names



MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Mooseheads' protected list is in, but management's lips are sealed as to who's on it.

The Mooseheads, who sent their 16-man protected list for the Sherbrooke Phoenix expansion draft into the QMJHL on Wednesday, don't want to reveal any of the names for fear of disenchanting exposed players.

"We're not going to make that public," said Mooseheads general manager Cam Russell. "For us, there's no benefit to telling someone he's not protected. It's just going to put a bad taste in their mouths and it's tough for them to understand."

A QMJHL spokesman also confirmed the league also won't release the lists.

Sherbrooke general man-



DeFulviis clears out Oceanic forward Robbie DeFulviis from in front of goaltender Zach Fucale during the QMJHL semifinals. Next season if he made the Mooseheads' protected list for the Sherbrooke Phoenix expansion draft. RYAN TAPLIN/METRO

se mum on nsion draft list

Q Files' guesses

Excerpt from the Q Files blog at metronews.ca/qfiles, where beat reporter Matthew Wuest makes his best guess at the Mooseheads' protected list.

- **Forwards (9):** Darcy Ashley, Brent Andrews, Martin Frk, Matthew Boudreau, Luca Ciampini, Andrew Ryan, Nathan MacKinnon, Jonathan Drouin, Ryan Falkenhamy
- **Defencemen (6):** Steve Gillard, Trey Lewis, Brendan

Duke, Austyn Hardie, Mackenzie Weegar, Brian Lovelly

- **Goaltender (1):** Zach Fucale
- **Notables exposed (x denotes signed NHL contract):** D x-Konrad Abeltshauser, D Sawyer Hannay, F Brad Cuzner, F Alexandre Cote, G Anthony Terenzio, D Josh Desmond, G Marc-Olivier Daigle, D Mitchell Shewfelt, F Alexandre Sillse

Academy in Cornwall, Ont., will be 17 next season and has been compared to Mooseheads alumnus Jimmy Sharrow.

Protecting Hannay would have been risky because he's a Vancouver Canucks draft choice and could play professionally next season if he's signed to an NHL contract.

Russell has not only been busy preparing his protected list, he's also been talking trade with other general managers in advance of the QMJHL trading period starting Friday, June 8.

The Mooseheads are expected to contend next season and Russell wants to have the best personnel possible in place in an effort to win the franchise's first QMJHL championship. He's eager to make moves now and not so keen on waiting until mid-season to upgrade his roster.

"We've been active with a number of teams and a number of different possible trades and player movement," Russell said. "I think it's important to move early as opposed to later. The costs are a lot less if you negotiate with them now as opposed to at Christmas."

ager Patrick Charbonneau will make his picks on June 6 and can select a maximum of two players from each team but no more than one goaltender. He can also outright pass on selecting from a team.

He can take as many over-agers as he wants, but he can't keep more than five by the time the 2012-13 season starts.

The Mooseheads' toughest decisions likely surrounded over-agers Brad Cuzner,

Sawyer Hannay and Steve Gillard and prospects Brian Lovell and Alexandre Sills. It's probable only two from that group are protected and there are plenty of reasons to believe Gillard and Lovell have the edge.

Gillard was named Halifax's top defenceman in 2010-11 and played a huge role in the Mooseheads' playoff success after returning from a concussion in late March. Lovell, coming off a good year at the Ontario Hockey

Tennis

Federer keeps on rolling in Italy

Fresh off a title in Madrid and back up to No. 2 in the rankings, Roger Federer showed off his strong form with a routine 6-3, 6-4 win over Carlos Berlocq of Argentina in his opening match at the Italian Open on Wednesday.

Seeking to win one of only three Masters 1000 events he's never claimed, Federer dealt well with the swirling wind inside the 10,500-seat stadium at the Foro Italico, coming to the net often to finish off points.

Rafael Nadal, who was replaced by Federer at No. 2 with his Madrid Open victory Sunday, beat Florian Mayer 6-1, 7-5 to avenge a defeat in his only previous meeting with the 28th-ranked German.

THE ASSOCIATED PRESS

MLB

Blue Jays back to winning ways

J.P. Arencibia, Edwin Encarnacion, Jose Bautista and Kelly Johnson each hit home runs and Kyle Drabek pitched seven strong innings as the Toronto Blue Jays defeated the New York Yankees 8-1 on Wednesday.

In the first meeting of the season between the American League East rivals, the Blue Jays (20-18) snapped a three-game losing streak while the Yankees (20-17) lost their second in a row.

Brett Lawrie played after appealing a four-game suspension handed down Wednesday for his actions after he was called out on strikes in the ninth inning of Tuesday's 4-3 loss to Tampa Bay. Lawrie threw his helmet to the ground, and it bounced and hit umpire Bill Miller. Miller was the umpire at third base on Wednesday.

THE CANADIAN PRESS



Brett Lawrie on the field Wednesday in Toronto.

GETTY IMAGES



Celtics dominate 76ers

Paul Pierce of the Boston Celtics looks around Spencer Hawes Wednesday in Philadelphia. Kevin Garnett scored 27 points and grabbed 13 rebounds to help Boston beat the Philadelphia 76ers 107-91 on Wednesday night and take a 2-1 lead in the Eastern Conference semifinals. For more game coverage, visit metronews.ca/sports. DREW HALLOWELL/GETTY IMAGES

Clemens' lawyer McNamee's m

Roger Clemens' lawyer toyed with Brian McNamee's memory and attacked him from several directions at once. The attorney even put an easel next to the witness with the words: "MISTAKE. BAD MEMORY. LIE." Eventually, there came the inevitable question: "Do you sometimes just make stuff up?"

McNamee has frequently taken long pauses before answering questions in three days on the witness stand, but he didn't hesitate this time. He leaned into the microphone and said softly but assuredly: "I didn't make it up."

Clemens' chief accuser was on the stand for two hours of aggressive cross-examination Wednesday on one of the most important days — perhaps the most important — in the perjury trial of the seven-time Cy Young Award winning pitcher. Clemens is charged with lying when he told

Congress in 2008 that he never used steroids or human growth hormone.

McNamee has testified he injected Clemens with both, and the credibility of Clemens' former friend and longtime strength coach will no doubt be the No. 1 topic when the jury starts deliberating the case.

Going for style over substance, Clemens lawyer Rusty Hardin was as colourful as his outfit — bright orange tie, cream-coloured suit — and continued his practice of mispronouncing the witness' name as mac-nah-MAY instead of MAC-nah-mee. He skipped from topic to topic without warning, often confusing McNamee while trying to sow seeds of doubt in the jurors' minds.

McNamee, who has now spent 12 hours on the stand with more to come on Thursday, alternated between fidgety and focused.

THE ASSOCIATED PRESS

Devils crash through for victory in hostile New York

NHL. New Jersey sends Rangers to another Game 2 loss to even series at a game apiece

David Clarkson's deflected goal 2:31 into the third period snapped a tie and lifted the New Jersey Devils to a 3-2 victory over the New York Rangers that evened the Eastern Conference finals at one game apiece on Wednesday night.

Clarkson built off the momentum created by Ryan Carter's goal late in the second period that tied the game, 2-2. Ilya Kovalchuk had given the Devils a 1-0 lead with a power-play goal in the first. Defenceman Bryce Salvador added two assists, and Martin Brodeur stopped 23 saves for the win.

"We had to keep going to the net, and I think we were doing some good things," Clarkson said. "We've been playing some good hockey and we've got to continue to do it. That is a big win for us."

Marc Staal and Chris



David Clarkson celebrates a goal Wednesday in New York's Madison Square Garden. THE ASSOCIATED PRESS

Kreider scored in the second for the Rangers, who lost their third straight Game 2 after winning the series opener. Top-seeded New York, which had 24 saves by Henrik Lundqvist, hasn't had a two-game lead at any point in these playoffs.

Game 3 will be Saturday in New Jersey.

New Jersey got even at 2 when Salvador wound up for a

shot at the blue line and fired a drive that Carter — with his back to the net — brilliantly deflected past Lundqvist with 1:51 left in the second. Marian Gaborik stood up straight in front of Salvador, but didn't drop down as many of his teammates have to try to block the shot. For that, he was pinned to the bench by coach John Tortorella, even through New York's power play in the third.

Gaborik returned to the ice with 8:40 remaining.

The action had to be stopped for about eight minutes in the second period as arena workers struggled to get the door to the Devils' penalty box opened. Travis Zajac stood patiently as he waited to have a seat in the box. He even managed to laugh as did New Jersey coach Peter DeBoer and the usually stoic and agitated Tortorella. THE ASSOCIATED PRESS

Over questions memory



Brian McNamee, former trainer for Roger Clemens, arrives at federal court in Washington, D.C., Wednesday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

the 9 spot

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- 5 Carly Rae Jepsen
Curiosity
- 4 One Direction
One Thing
- 3 Maroon 5 Ft Wiz Khalifa
Payphone
- 2 Calvin Harris
Feel So Close
- 1 Justin Bieber
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Crossword

Across

- 1 Dance lesson
5 "Born Free" lioness
9 Interlaken interjection
12 Heart of the matter
13 Actor Neeson
14 Pi follower
15 Domini lead-in
16 Sore
17 Cardplayer's call
18 Heart of the matter
19 Shell-game item
20 Punch
21 CIA forerunner
23 "Go, team!"
25 Carol opener
28 Island greetings
32 Virile
33 Bay of Biscay feeder
34 Schulz pooch
36 Obtained
37 Sugar suffix
38 Lamb's dam
39 Leave in a hurry
42 Possess
44 Buzz Aldrin's mother's maiden name
48 Wish undone
49 Send out
50 Desire
51 Lemieux milieu
52 Count counterpart

- 53 Ashen
54 Replies of surprise
55 Dandling locale
56 Kane's Rosebud

Down

- 1 Unwanted email
2 Prong
3 Sicilian spouter
4 Session with the camera
5 Go by
6 Grown-up nits
7 Vast dry expanse
8 "Judging —"
9 Jason's ship
10 Stylish
11 Goose's noise
20 Westerns
22 Comes to a halt
24 Say it's OK
25 Mornings (Abbr.)
26 Newsman emeritus
27 Author Umberto
29 Smack
30 Exist
31 D.C. address
35 Naval petty officer
36 Kind
39 Enthusiastic vigor
40 "That hurts!"



- 41 Sediment
43 Telegram
45 Evangelist Roberts

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

LJ BCAS BATVV DCCFZSB
FTQQU TQCMON SVSFYQLFTV
JLYYLOHB UCM ALHZY BTU Y
ZTY DMHB VMH DVMHB
Yesterday's Cryptoquip: IN ORDER TO INVENT
AN INNOVATIVE MOTOR, I IMAGINE YOU'D
NEED GREAT ENGINE-UTTY.
Today's Cryptoquip Clue: Y equals T

Horoscope

- ♈ Aries | March 21 - April 20.**
If something sounds too good to be true then it most likely is, so don't be fooled.
♉ Taurus | April 21 - May 21.
You may be having doubts about a friendship or relationship that has caused you quite a bit of trouble of late, but don't give up on it yet.
♊ Gemini | May 22 - June 20.
Think carefully before you pursue what you think is your dream — because it could turn into a nightmare if you get it wrong.
♋ Cancer | June 21 - July 22.
It's time to get over the past. It's the future that matters.
♌ Leo | July 23 - Aug. 22. Strive

- to keep things in perspective today, especially where affairs of the heart are concerned.
♍ Virgo | Aug. 23 - Sept. 22.
Be confident enough to follow your own path through life, even if it is a path many people might disapprove of.
♎ Libra | Sept. 23 - Oct. 22. You are who you are and no one has the right to demand that you be any different.
♏ Scorpio | Oct. 23 - Nov. 21.
Someone you meet today will make an impression on you and no doubt your friendship will blossom.
♐ Sagittarius | Nov. 22 - Dec. 21. If someone you love seems

- determined to make a silly mistake then you might as well let them get on with it.
♑ Capricorn | Dec. 22 - Jan 20. Even if you are in the mood to make changes it will pay you to wait a few days.
♒ Aquarius | Jan. 21 - Feb 18.
You have nothing to prove, not to other people nor to yourself, so slow down and give your overworked body and mind time to recover.
♓ Pisces | Feb. 19 - March 20.
Consult someone you trust before making that big move you have been thinking about. It could be they can see a potential pitfall that you have missed.
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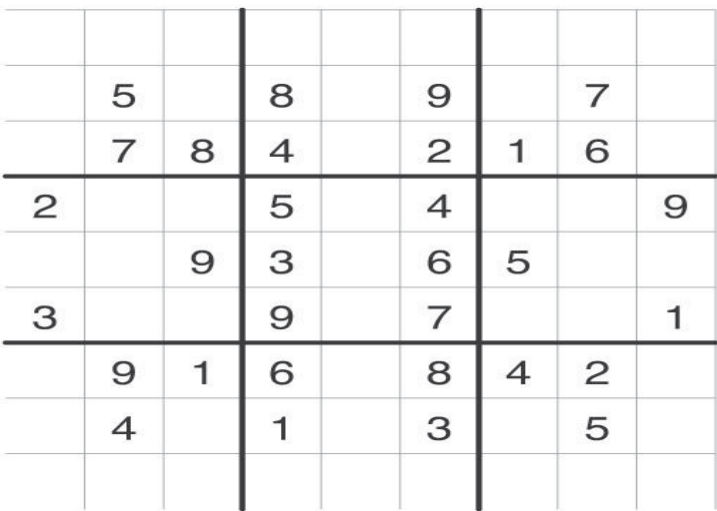
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Sudoku



46 Look lecherously
47 Requirement
49 Comic-strip scream



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca



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Frank

ALAN DIAZ/THE ASSOCIATED PRESS

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